
Memorandum

Date: October 13, 2022

From: Division of Food Ingredients
Chemistry Review Branch-Team 2

To: Division of Food Ingredients
Regulatory Review Branch-Team 2
Attention: L. Highbarger

Subject: FAP 9A4823: Hogan Lovells US LLP, on behalf of Kellogg Company: Use of vitamin D₃ in breakfast cereal and grain-based nutrition bars. Submissions dated June 4, 2019, February 27, 2020, and March 4, 2021.

Introduction

Hogan Lovells US LLP, on behalf of Kellogg Company (Kellogg), is petitioning that FDA amend 21 CFR 172.380 Vitamin D₃ to allow for the safe use of vitamin D₃ as a nutrient supplement in breakfast cereals and grain-based nutrition bars.¹

Background

Vitamin D (in the form of crystalline vitamin D₂, crystalline vitamin D₃, vitamin D₂ resin, and vitamin D₃ resin) is affirmed as generally recognized as safe (GRAS) under 21 CFR 184.1950 (§184.1950) for use with specific limitations in breakfast cereals, grain products and pastas, milk, milk products, infant formula, and margarine. Under §184.1(b)(2), any new use of an ingredient affirmed as GRAS with specific limitations shall require a food additive regulation. Consequently, crystalline vitamin D₃ was approved as a food additive under §172.380 for use in certain calcium-fortified 100% fruit juices and fruit juice drinks, soy-protein based meal replacement beverages that are represented for certain special dietary uses, meal replacement bars or other-type bars that are represented for certain special dietary uses, certain cheese and cheese products, certain meal replacement beverages not intended for certain special dietary uses, foods represented for use as a sole source of nutrition for enteral feeding, and in milk that contains more than 400 International Units (IU) vitamin D per quart.² Vitamin D₂ baker's yeast is also approved under §172.381 for use as a source of vitamin D₂ and

¹ While the petition uses "grain-based nutrition bars," 21 CFR 172.780 and 101.12 use "grain-based bars" (e.g., breakfast bars, granola bars, rice cereal bars). We consider these terms to refer to the same category of food products. Therefore, for consistency of terminology, we are using "grain-based bars."

² Such milk must also meet the requirements for foods named by use of a nutrient content claim and a standardized term in accordance with §130.10; one IU of vitamin D is equivalent to 0.025 µg of vitamin D.

as a leavening agent in yeast-leavened baked goods and baking mixes, and yeast-leavened baked snack foods. Vitamin D₂ is approved under §172.379 as a nutrient supplement for use in edible plant-based beverages intended as milk alternatives, edible plant-based yogurt alternatives, soy beverage products, soy-based butter substitute spreads, soy-based cheese substitutes and soy-based cheese substitute products. Vitamin D₂ mushroom powder, produced by exposing homogenized edible mushrooms to ultraviolet (UV) light, is approved under §172.382 for use as a source of vitamin D₂ in: (1) foods to which vitamin D₂, vitamin D₃, and vitamin D₂ baker's yeast are currently allowed to be added under §§184.1950, 172.379, 172.380, and 172.381 (excluding cheese and cheese products, foods represented for use as a sole source of nutrition for enteral feeding, infant formula, milk and milk products, and margarine); (2) fruit smoothies; (3) vegetable juices; (4) extruded vegetable snacks; (5) soups and soup mixes (except for those containing meat or poultry that are subject to regulation by the U.S. Department of Agriculture (USDA) under the Federal Meat Inspection Act or the Poultry Products Inspection Act); and (6) plant protein products as defined in §170.3(n)(33).

Identity

Identity information is contained on p. 4 of the petition.

CAS Name: (3 β , 5Z, 7E)-9,10-Secocholesta-5,7,10(19)-trien-3-ol

Other Chemical Names: cyclohexanol, 3-((2E)-2-((1R,3aS,7aR)-1-((1R)-1,5-dimethylhexyl) octahydro-7a-methyl-4H-inden-4-ylidene) ethylidene)-4-methylene-, (1S,3Z)-

Common Names: Vitamin D₃, calciol, cholecalciferol, activated 7-dehydrocholesterol, oleo-vitamin D

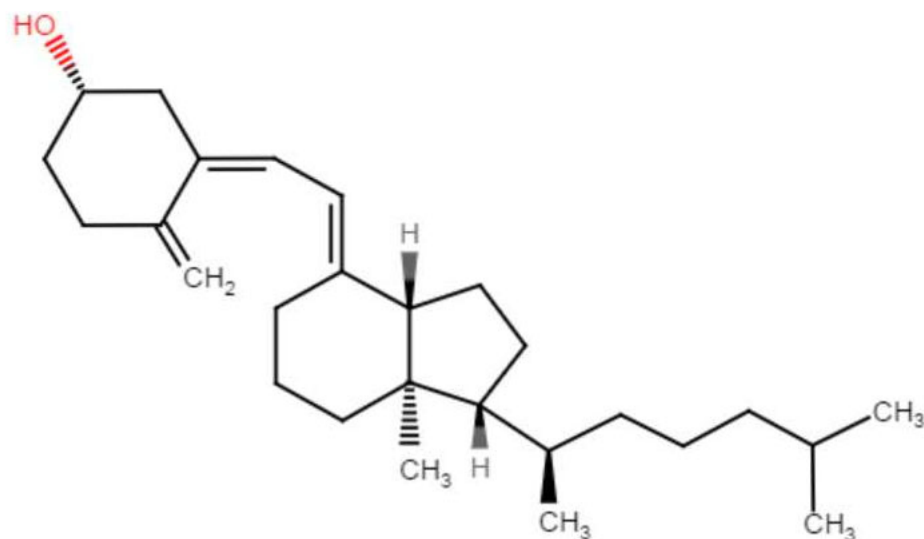
CAS Reg. No.: 67-97-0

Molecular Formula: C₂₇H₄₄O

Molecular Weight: 384.64 g/mol

Solubility: soluble in alcohol, chloroform, ether, and fatty oils

Structure:



Manufacturing

Information regarding the manufacture of vitamin D₃ is included in Section 2.2 (p. 5) and in Attachment A of the petition.

Vitamin D₃ is produced by extracting lanolin from sheep wool and then extracting cholesterol from the lanolin. The cholesterol is processed into 7-dehydrocholesterol, which is then irradiated in the presence of ultraviolet light to produce vitamin D₃. The resulting product is further purified by crystallization.

We have no questions.

Specifications

Information on specifications for vitamin D₃ is provided in Section 2.3 (pp. 5-6) and in Attachment B of the petition. The petitioner stated that the vitamin D₃ complies with the specifications in the monograph for vitamin D₃ in the 11th Edition of the Food Chemicals Codex (FCC 11, 2018).³ The petitioner's specifications are presented, below, in Table 1.

Table 1. Specifications for Vitamin D₃

Specification	Specification Limit
Vitamin D ₃	97-103%
Appearance	Colorless, crystalline powder
Absorption coefficient	465-495
Total plate count	≤ 1,000 colony-forming units (CFU)/g
Specific optical rotation	105-112°

³ Since the submission of the petition, FCC 13 has published (FCC 13, 2022). There are no changes in the specifications for Vitamin D₃ from FCC 11 to FCC 13.

Specification	Specification Limit
Mold and Yeast	≤ 100 CFU/g
<i>Salmonella</i>	Negative
<i>S. aureus</i>	Negative
<i>E. coli</i>	Negative
Coliform	Negative
Arsenic	≤ 0.5 mg/kg
Lead	≤ 0.5 mg/kg
Cadmium	≤ 0.1 mg/kg
Mercury	≤ 0.1 mg/kg
Chromium	≤ 0.1 mg/kg

Attachment B of the petition presents certificates of analysis for 5 lots of vitamin D₃. The results from all 5 lots show that the samples were within the specifications set by Kellogg.

We have no questions.

Stability

Stability information is provided in Section 2.4 and Tables 2 and 3 (pp. 6-9) of the petition and in the submission dated February 27, 2020.

Stability of Vitamin D₃ in Breakfast Cereals and Grain-Based Bars

Kellogg indicated that the stability of vitamin D₃ may be affected by environmental factors, such as temperature, light, oxygen, and pH. Kellogg tested finished product samples of two breakfast cereals and two grain-based bars formulated with vitamin D₃ over the product's shelf life. In order to mimic actual storage conditions, the products were stored at 85 °F/50% relative humidity for 10 weeks and then at 70 °F/50% relative humidity for the remainder of a 12-month study. The results showed that between 82% and 89% vitamin D₃ was present in the breakfast cereals, and 99.6% vitamin D₃ was present in the grain-based bars after 12 months. Kellogg stated that based on these results, the level of vitamin D₃ in these products is stable over a twelve-month period.

We note that while the percent recoveries for vitamin D₃ at the end of the stability study were within acceptable recovery ranges, the percent recovery after 10 weeks for one of the grain-based bars was approximately 124%. In a January 17, 2020, e-mail from L. Highbarger to M. Hahn, FDA requested that Kellogg explain the discrepancy noted with the percent recovery of vitamin D₃ for the grain-based bar product #2 of 124% at 10 weeks, as this sample fell outside the range recommended in FDA's Guidance for Industry: Recommendations for Submission of Chemical and Technological Data for Direct Food Additive Petitions,⁴ which states that recoveries should be within the range of 80-110% for analyte concentrations above 0.1 mg/kg.

⁴ <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-recommendations-submission-chemical-and-technological-data-direct-food-additive>

In a response dated February 27, 2020, Kellogg stated that the raw data shows that the vitamin D₃ levels for this sample at 10 weeks are 360 IU/100 g, 519 IU/100 g, and 346 IU/100 g. Kellogg stated that 519 IU/100 g is far greater than any other single data point and is also much higher than the baseline levels reported at the beginning of the study. This high level cannot be explained by the inherent variability in sampling or the testing method; rather, it is likely from a faulty test or reporting error. Kellogg stated that the 519 IU/100 g is an outlier that should be excluded from the stability results. Kellogg indicated that if the outlier was excluded from the data, the stability study shows that vitamin D₃ is stable throughout the shelf life of the product.

We have no further questions.

Uses, Use Level, and Technical Effect

Kellogg has petitioned for the use of vitamin D₃ as a nutrient supplement for the fortification of breakfast cereals and grain-based bars. Vitamin D₃ is affirmed as GRAS under §184.1950 for use in breakfast cereals at a level of 350 IU/100 g. In the current petition, Kellogg is requesting to increase the use level for vitamin D₃ in breakfast cereals to 560 IU/100 g and to expand the use to include grain-based bars.

Table 2, below, presents the proposed uses and use levels for vitamin D₃.

Table 2. Proposed Uses of Vitamin D₃

Food Category	Maximum Use Level
Breakfast cereals	560 IU/100 g
Grain-based bars	400 IU/100 g

We have no questions.

Analytical Methods

Kellogg relied on an analytical method developed and validated by Covance for the analysis of vitamin D₃ in cereals, premixes, infant formulas and certain other food products. A method validation report for the analysis of vitamins D₂ and D₃ in infant formula and multivitamin tablets is provided in Attachment C of the petition.

In a January 17, 2020, e-mail from L. Highbarger to M. Hahn, FDA requested that Kellogg explain the rationale behind conducting validation studies in different matrices than that for the petitioned products. Specifically, FDA asked Kellogg to describe how the validation data in infant formula and multivitamin tablets is relevant to breakfast cereal and grain-based bars. FDA also requested a detailed description of the validated method, including the sample preparation (liquid-liquid extraction) portion of the analyses of vitamin D₃ that is relevant to breakfast cereals and grain-based bars.

In a response dated February 27, 2020, Kellogg stated that Covance's validated test method included additional food matrices. As reported in Huang, Min, et al.,⁵ which is referenced in the Covance method (Attachment C), Covance used other food matrices, including corn flakes, cereal, and fortified cereal, to validate the test method. These matrices have similar macronutrient profiles to breakfast cereals and grain-based bars. Kellogg also indicated that this reference contains a more detailed description of the sample preparation that is applicable to the Covance test method. Briefly, 1 to 10 g of sample is placed in an Erlenmeyer flask. Reagent grade alcohol containing 2% pyrogalllic acid, an isotopically-labeled vitamin D₃ sample, and potassium hydroxide are added to the sample. The sample then undergoes saponification overnight with magnetic stirring after the removal of air using a nitrogen flow. The sample is then extracted with hexane containing butylated hydroxytoluene (BHT) and concentrated to a sample size of 10 mL. The sample is then reconstituted in acetonitrile, filtered, and analyzed using liquid chromatography tandem mass spectrometry (LC/MS/MS).

We have no further questions.

Dietary Exposure

Kellogg's Dietary Exposure Estimate

Information regarding the dietary exposure estimate can be found in section 4.4. (pp. 16-20) and in Attachment E of the petition.

Dietary Exposure Estimate for Vitamin D from the Proposed Uses of Vitamin D₃

Kellogg provided an eaters-only dietary exposure estimate for vitamin D from the proposed use of vitamin D₃ in breakfast cereals and grain-based bars using 2-day food consumption data from the 2013-2014 National Health and Nutrition Examination Survey (NHANES) and the maximum use levels for vitamin D₃ stated above (see Uses, Use Level, and Technical Effect). Kellogg provided representative food codes used in the dietary exposure estimate in Attachment E. Kellogg provided mean and 90th percentile dietary exposures for various subpopulations. They noted that dietary exposure was not estimated for infants 0-6 months as this age group is not expected to consume breakfast cereals or grain-based bars. In addition, Kellogg indicated that infants 6-12 months were not included in the dietary exposure estimate for grain-based bars as they would not be expected to consume this product, but they were included in the dietary exposure estimate for breakfast cereals. The estimated eaters-only dietary exposures to vitamin D from the proposed uses of vitamin D₃ are presented, below, in Table 3.

⁵ Huang, Min, et al. "Measurement of Vitamin D in Foods and Nutritional Supplements by Liquid Chromatography/Tandem Mass Spectrometry," *Journal of AOAC International* 92.5 (2009): 1327-1335.

Table 3. Eaters-Only Dietary Exposure to Vitamin D from the Proposed Uses of Vitamin D₃

Population Group	Eaters-Only Exposure (IU/p/d)	
	Mean	90 th Percentile
Breakfast Cereals		
Infants 6 to 12 months	65.10	192.65
Children 1 to 3 years	103.07	259.56
Children 4 to 8 years	112.83	241.21
Adolescents 9 to 13 years	149.48	359.94
Teenagers 14 to 18 years	137.93	319.43
Adults 19 to 30 years	232.18	496.23
Adults 31 to 50 years	228.17	496.99
Adults 51 to 70 years	205.28	491.40
≥ 71 years	198.56	417.73
Grain-based Bars		
Children 1 to 3 years	95.2	179.8
Children 4 to 8 years	73.2	124.24
Adolescents 9 to 13 years	88.48	160
Teenagers 14 to 18 years	114	215.36
Adults 19 to 30 years	115.64	191.64
Adults 31 to 50 years	114.88	251.28
Adults 51 to 70 years	105.32	184.4
≥ 71 years	72.64	86

Dietary Exposure Estimate for Vitamin D from Existing Sources

Kellogg relied on a dietary exposure estimate conducted by FDA in 2016⁶ that estimated dietary exposure to vitamin D from all sources, including all background sources (i.e., naturally-occurring sources, approved and affirmed as GRAS uses of vitamin D to fortify certain foods, and dietary supplements) and the petitioned uses in FAP 3A4801 for the use of vitamin D₃ in milk at higher levels (84 IU per 100 g) in certain milk and use of vitamin D₂ in edible plant-based beverages intended for use as milk alternatives and edible plant-based yogurt alternatives. The exposure to 25-hydroxyvitamin D was also included in this estimate to account for all naturally-occurring food sources. FDA estimated an eaters-only dietary exposure to vitamin D from the background sources and petitioned uses in FAP 3A4801 using 2-day food consumption data from the 2009-2012 NHANES. This dietary exposure estimate is presented in Table 4, below.

⁶ The petitioner cited the February 10, 2016 toxicology memorandum from T. Tyler to J. Kidwell pertaining to FAP 3A4801, which summarized the dietary exposure estimate conducted by FDA. However, the dietary exposure estimate was described in detail in the January 27, 2016 chemistry memorandum from D. Folmer to J. Kidwell pertaining to FAP 3A4801.

Table 4. Eaters-Only Dietary Exposure to Vitamin D from Existing Sources

Population Group	Eaters-Only Exposure (IU/p/d)	
	Mean	90 th Percentile
Infants 0 to 6 Months	668	948
Infants 6 to 12 Months	644	988
Children 1 to 3 Years	936	1428
Children 4 to 8 Years	1084	1600
Adolescents 9 to 13 Years	1040	1668
Teenagers 14 to 18 Years	1016	1680
Adults 19 to 30 Years	1072	1796
Adults 31 to 50 Years	1188	1972
Adults 51 to 70 Years	1432	2404
Elderly 71 Years or more	1564	2560

Cumulative Dietary Exposure Estimate for Vitamin D from Existing Sources and the Proposed Uses of Vitamin D₃ in Breakfast Cereals and Grain-based Bars

In order to estimate a cumulative dietary exposure to vitamin D from all sources, Kellogg summed the dietary exposure from the proposed uses (Table 3, above) with that from the existing sources (Table 4, above) The estimated cumulative dietary exposure to vitamin D for each population is presented, below, in Table 5.

Table 5. Cumulative Dietary Exposure to Vitamin D from Existing Sources and the Proposed Uses in Breakfast Cereals and Grain-based Bars

Population Group	Eaters-Only Exposure (IU/p/d)	
	Mean	90 th Percentile
Infants 0 to 6 months	668	948
Infants 6 to 12 months	709.1	1180.65
Children 1 to 3 years	1134.27	1867.36
Children 4 to 8 years	1270.03	1965.45
Adolescents 9 to 13 years	1277.96	2187.94
Teenagers 14 to 18 years	1267.93	2214.79
Adults 19 to 30 years	1419.82	2483.87
Adults 31 to 50 years	1531.05	2720.27
Adults 51 to 70 years	1742.6	3079.8
≥ 71 years	1835.2	3063.73

FDA's Comments on Kellogg's Dietary Exposure Estimate

Kellogg used appropriate methodology for its dietary exposure estimates for the proposed and existing uses. However, Kellogg estimated separate dietary exposures for each of the proposed uses and did not provide an overall dietary exposure from all

proposed uses. In addition, Kellogg estimated a cumulative dietary exposure to vitamin D by adding the dietary exposure from the proposed uses to that for the existing uses. It is not appropriate to estimate a cumulative dietary exposure in this manner as the population of consumers is not the same for each exposure scenario. Finally, since Kellogg submitted the current petition, vitamin D₂ mushroom powder was approved under §172.382 for use as a source of vitamin D₂ in certain foods (see Background). This use was not included in the cumulative dietary exposure estimate for vitamin D provided by Kellogg. Therefore, FDA conducted a dietary exposure estimate to determine the overall dietary exposure to vitamin D₃ from the proposed uses, as well as a cumulative dietary exposure for vitamin D.

FDA's Dietary Exposure Estimate

FDA performed a dietary exposure estimate for vitamin D₃ from the proposed uses in breakfast cereals and grain-based bars, as well as a cumulative dietary exposure estimate for vitamin D that includes all existing sources of vitamin D (i.e., naturally-occurring sources (including certain naturally-occurring sources of 25-hydroxyvitamin D), currently-approved and affirmed as GRAS uses of vitamin D, and dietary supplement use), and Kellogg's proposed uses for vitamin D₃ in breakfast cereals and grain-based bars.

Dietary Exposure to Vitamin D₃ from the Proposed Uses of Vitamin D₃ in Breakfast Cereals and Grain-based Bars

An eaters-only dietary exposure estimate was performed for vitamin D₃ for the proposed uses (see Table 2) using 2-day food consumption data from the combined 2011-2014 NHANES. A total of 310 food codes, as shown in Appendix 1 of this memorandum, were used to represent the proposed uses of vitamin D₃. Dietary exposure estimates were performed for 12 population groups as shown, below, in Table 6.

Table 6. Eaters-Only Dietary Exposure to Vitamin D₃ from the Proposed Uses of Vitamin D₃ in Breakfast Cereals and Grain-based Bars

Population Group	% Eaters	Mean Vitamin D₃ Exposure IU/p/d (µg/p/d)⁷	90th Percentile Vitamin D₃ Exposure IU/p/d (µg/p/d)	Vitamin D Tolerable Upper Limit IU/p/d (µg/p/d)⁸
Infants 0 to 6 Months	< 1%	136 (3.4)	N/A ⁹	1000 (25)
Infants 6 to 12 Months	33%	170 (4.2)	524 (13.1)	1500 (37.5)
Children 1 to 3 Years	76%	290 (7.3)	696 (17.4)	2500 (62.5)
Children 4 to 8 Years	78%	292 (7.3)	632 (15.8)	3000 (75)
Adolescents 9 to 13 Years	68%	382 (9.6)	912 (22.8)	4000 (100)
Teenagers 14 to 18 Years	59%	379 (9.5)	800 (20)	4000 (100)
Adults 19 to 30 Years	54%	536 (13.4)	1190 (29.8)	4000 (100)
Adults 31 to 50 Years	58%	576 (14.4)	1300 (32.5)	4000 (100)
Adults 51 to 70 Years	57%	552 (13.8)	1350 (33.8)	4000 (100)
Elderly 71 Years or more	72%	552 (13.8)	1300 (32.5)	4000 (100)
U.S. Population 1 Year or more	61%	496 (12.4)	1160 (29)	No upper limit established
U.S. Population 2 Years or more	61%	500 (12.5)	1164 (29.1)	No upper limit established

As shown in Table 6, the dietary exposure estimates from the proposed uses of vitamin D₃ at the mean and the 90th percentile are below the Institute of Medicine (IOM) tolerable upper limit for all 10 of the population groups for which tolerable upper limits were established.

⁷ The dietary exposure in IU/p/d and µg/p/d are related as follows: 1 µg/p/d is equivalent to 40 IU/p/d.

⁸ Vitamin D tolerable upper limits are taken from Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: National Academy of Sciences, Institute of Medicine, Food and Nutrition Board, 2011.

⁹ N/A = not applicable. There were too few members in the sample population to calculate a 90th percentile dietary exposure.

Cumulative Dietary Exposure to Vitamin D from Background Sources (All Naturally-Occurring Sources, Dietary Sources of 25-Hydroxyvitamin D, Approved and Affirmed as GRAS Uses, and Dietary Supplements) and the Proposed Uses for Vitamin D₃

A cumulative eaters-only dietary exposure estimate for vitamin D was performed for all current sources of vitamin D, including all background sources (i.e., naturally-occurring sources, approved and affirmed as GRAS food uses, and dietary supplements), and Kellogg's proposed uses for vitamin D₃ in breakfast cereals and grain-based bars. Dietary exposure to 25-hydroxyvitamin D was also included in the cumulative dietary exposure estimate to account for discrepancies seen between dietary intake and blood serum levels of vitamin D.¹⁰

The list of food codes was developed by first including food codes from the 2011-2014 NHANES that had vitamin D nutrient levels in the USDA Food and Nutrient Database for Dietary Studies (FNDDS). Next, food codes for foods that are currently permitted to be fortified with vitamin D were added. All foods that could be fortified were assumed to be fortified at the maximum permitted level. In cases where a food code had an FNDDS-assigned vitamin D level for a food code that also had a permitted use level for vitamin D, the larger of the two values was used to provide a conservative estimate.

Dietary exposure to vitamin D resulting from the intake of 25-hydroxyvitamin D was also incorporated in the cumulative dietary exposure estimate. 25-hydroxyvitamin D was included previously in the vitamin D dietary exposure assessments for FAP 3A4801¹¹ and FAP 8A4821.¹² A recent paper by Taylor, et. al. has suggested that it may be appropriate to include dietary sources of the highly potent vitamin D metabolite, 25-hydroxyvitamin D in vitamin D dietary exposure estimates to take into account discrepancies seen between dietary intake and blood serum measures of vitamin D.¹⁰ This paper indicates that 25-hydroxyvitamin D may have a potency 5 times that of vitamin D. They reported 25-hydroxyvitamin D levels in select beef, pork, chicken, turkey, and egg products, as well as the vitamin D content for these foods taking into account vitamin D and potency-adjusted 25-hydroxyvitamin D levels. In addition, FDA recently permitted the use of 25-hydroxyvitamin D₃ in the feed and drinking water of turkeys, and layer and breeder chickens.¹³ These 25-hydroxyvitamin D residue levels are included in the dietary exposure estimate.

In total, approximately 4300 food codes were used in the dietary exposure estimate. All food codes used for the cumulative dietary exposure to vitamin D are provided in Appendix 2. Dietary exposure to vitamin D from these food codes for each person in the survey were combined with the individual's two-day dietary supplement intake data from the 2011-2014 NHANES. A statistical software program was then used to determine cumulative dietary exposure estimates at the mean and 90th percentile from the

¹⁰ Taylor, C; Patterson, K; Roseland, J; Wise, S.; Merkel, J.; Pehrsson, P.; and Yetley, E. "Including Food 25-Hydroxyvitamin D in Intake Estimates May Reduce the Discrepancy between Dietary and Serum Measures of Vitamin D Status." *J. Nutr.* 144: 654-659, 2014.

¹¹ See the January 27, 2016 chemistry memorandum from D. Folmer to J. Kidwell pertaining to FAP 3A4801.

¹² See the March 18, 2020 chemistry memorandum from D. Folmer to L. Viebrock pertaining to FAP 8A4821.

¹³ 83 FR 49485 October 2, 2018.

combined vitamin D dietary and supplement intake. The estimated cumulative dietary exposure to vitamin D is reported, below, in Table 7.

Table 7. Cumulative Eaters-Only Dietary Exposure to Vitamin D Including Existing Sources (Naturally-Occurring Sources (including Dietary Sources of 25-Hydroxyvitamin D), Approved and Affirmed as GRAS Uses, and Dietary Supplements), and the Proposed Uses of Vitamin D₃

Population Group	Vitamin D Exposure		Vitamin D Tolerable Upper Limit IU/p/d (µg/p/d) ⁸
	Mean IU/p/d (µg/p/d)	90 th Percentile IU/p/d (µg/p/d)	
Infants 0 to 6 Months	548 (13.7)	948 (23.7)	1000 (25)
Infants 6 to 12 Months	684 (17.1)	1060 (26.6)	1500 (37.5)
Children 1 to 3 Years	1160 (28.9)	1730 (43.2)	2500 (62.5)
Children 4 to 8 Years	1270 (31.8)	1920 (47.9)	3000 (75)
Adolescents 9 to 13 Years	1260 (31.5)	2020 (50.6)	4000 (100)
Teenagers 14 to 18 Years	1250 (31.2)	1990 (49.7)	4000 (100)
Adults 19 to 30 Years	1400 (35.1)	2370 (59.3)	4000 (100)
Adults 31 to 50 Years	1600 (40.1)	2850 (71.2)	4000 (100)
Adults 51 to 70 Years	1810 (45.3)	3090 (77.3)	4000 (100)
Elderly 71 Years or more	2160 (53.9)	3700 (92.4)	4000 (100)
U.S. Population 1 Year or more	1580 (39.5)	2730 (68.3)	No upper limit established
U.S. Population 2 Years or more	1584 (39.6)	2740 (68.5)	No upper limit established

As shown in Table 7, the estimated cumulative dietary exposure to vitamin D at the 90th percentile from the petitioned and existing sources is below the IOM tolerable upper limit for all 10 of the population groups for which tolerable upper limits have been established.

Proposed Regulation

Kellogg provided proposed text on p. 21-22 of the petition to amend §172.380 Vitamin D₃ to allow for the use of vitamin D₃ in breakfast cereals and grain-based bars. The proposed text is as follows:

§ 172.380 Vitamin D3

Vitamin D₃ may be used safely in foods as a nutrient supplement defined under §170.3(o)(20) of this chapter in accordance with the following prescribed conditions:

(a) Vitamin D₃, also known as cholecalciferol, is the chemical 9,10-seco(5Z,7E)-5,7,10(19)-cholestatrien-3-ol. Vitamin D₃ occurs in and is isolated from fish liver oils. It also is manufactured by ultraviolet irradiation of 7-dehydrocholesterol produced from cholesterol and is purified by crystallization.

(b) Vitamin D3 meets the specifications of “Vitamin D3,” Food Chemicals Codex, 11th ed., copyright 2018, pp. 1243-1244, which is incorporated by reference. The Director of the Office of the Federal Register approves this incorporation by reference in accordance with 5 U.S.C. 552(a) and 1 CFR part 51. You may obtain copies from the United States Pharmacopeial Convention, 12601 Twinbrook Pkwy., Rockville, MD 20852 (internet address <http://www.usp.org>). Copies may be examined at the Food and Drug Administration's Main Library, 10903 New Hampshire Ave., Bldg. 2, Third Floor, Silver Spring, MD 20993, 301-796-2039, or at the National Archives and Records Administration (NARA). For information on the availability of this material at NARA, call 202-741-6030, or go to: <http://www.archives.gov/federal-register/cfr/ibr-locations.html>.

(c) The additive may be used as follows:

(1) At levels not to exceed 100 International Units (IU) per 240 milliliters (mL) in 100 percent fruit juices (as defined under §170.3(n)(35) of this chapter) that are fortified with greater than or equal to 330 milligrams (mg) of calcium per 240 mL, excluding fruit juices that are specially formulated or processed for infants.

(2) At levels not to exceed 100 IU per 240 mL in fruit juice drinks (as defined under §170.3(n)(35) of this chapter) that are fortified with greater than or equal to 100 mg of calcium per 240 mL, excluding fruit juice drinks that are specially formulated or processed for infants.

(3) At levels not to exceed 140 IU per 240 mL (prepared beverage) in soy-protein based meal replacement beverages (powder or liquid) that are represented for special dietary use in reducing or maintaining body weight in accordance with §105.66 of this chapter.

(4) At levels not to exceed 100 IU per 40 grams in meal replacement bars or other-type bars that are represented for special dietary use in reducing or maintaining body weight in accordance with §105.66 of this chapter.

(5) At levels not to exceed 81 IU per 30 grams in cheese and cheese products as defined under §170.3(n)(5) of this chapter, excluding cottage cheese, ricotta cheese, and hard grating cheeses such as Parmesan and Romano as defined in §133.165 and 133.183 of this chapter, and those defined by standard of identity in §133.148 of this chapter.

(6) At levels not to exceed 500 IU per 240 mL (prepared beverage) in meal replacement beverages that are not intended for special dietary use in reducing or maintaining body weight and that are represented for use such that the total amount of Vitamin D₃ provided by the product does not exceed 1,000 IU per day.

(7) At levels not to exceed 1.0 IU per kilocalorie in foods represented for use as a sole source of nutrition for enteral feeding.

(8) At levels not to exceed 84 IU per 100 g (800 IU/quart) in milk that contains more than 42 IU vitamin D per 100 g (400 IU/quart) and that meets the requirements for foods named by use of a nutrient content claim and a standardized term in accordance with §130.10 of this chapter.

(9) At levels not to exceed 560 IU per 100 g in breakfast cereals as defined under §170.3(n)(4) of this chapter.

(10) At levels not to exceed 400 IU per 100 g in grain-based nutrition bars.

Since the submission of the petition, FCC 13 has published. There are no changes in the specifications for Vitamin D₃ from FCC 11 to FCC 13. Therefore, the codified language in §172.380(b) should indicate that one of the prescribed conditions for using Vitamin D₃ is that the vitamin D₃ meets the specifications in the 13th Edition of the FCC.

As noted above, while the petition uses “grain-based nutrition bars,” §§172.780 and 101.12 use “grain-based bars” (e.g., breakfast bars, granola bars, rice cereal bars). We consider these terms to refer to the same category of food products. Therefore, for consistency of terminology in our regulations, the codified language in §172.380(c)(10) should use “grain-based bars.”

We have no further comments.

Conclusion

Kellogg has petitioned to allow for the safe use of vitamin D₃ as a nutrient supplement in breakfast cereals and grain-based bars. Dietary exposure estimates for vitamin D₃ from the proposed uses (Table 6) as well as a cumulative dietary exposure estimate for vitamin D from all existing sources and Kellogg’s proposed uses have been provided for twelve population groups (Table 7).

We have no questions. The petition is suitable for regulation with respect to the chemistry-related information.

Romina Shah, Ph.D.

R/F

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Init: DDoell: 09/16/2020

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Appendix 1. Food codes used by FDA to estimate exposure to vitamin D from the petitioned uses of vitamin D₃

NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
53710400	Fiber One Chewy Bar	400		57106060	Banana Nut Cheerios	560
53710500	Kellogg's Nutri-Grain Cereal Bar	400		57106100	Basic 4	560
53710502	Kellogg's Nutri-Grain Yogurt Bar	400		57106250	Berry Berry Kix	560
53710504	Kellogg's Nutri-Grain Fruit and Nut Bar	400		57106260	Berry Burst Cheerios	560
53710600	Milk 'n Cereal bar	400		57106530	Blueberry Morning, Post	560
53710700	Kellogg's Special K bar	400		57110000	All-Bran Bran Buds, Kellogg's (formerly Bran Buds)	560
53710800	Kashi GOLEAN Chewy Bars	400		57117000	Cap'n Crunch	560
53710802	Kashi TLC Chewy Granola Bar	400		57119000	Cap'n Crunch's Crunch Berries	560
53710804	Kashi GOLEAN Crunchy Bars	400		57120000	Cap'n Crunch's Peanut Butter Crunch	560
53710806	Kashi TLC Crunchy Granola Bar	400		57123000	Cheerios	560
53710900	Nature Valley Chewy Trail Mix Granola Bar	400		57124000	Chex cereal, NFS	560
53710902	Nature Valley Chewy Granola Bar with Yogurt Coating	400		57124030	Chex Chocolate	560
53710904	Nature Valley Sweet and Salty Granola Bar	400		57124050	Chex Cinnamon	560
53710906	Nature Valley Crunchy Granola Bar	400		57124100	Chocolate Cheerios	560
53711000	Quaker Chewy Granola Bar	400		57124200	Chocolate flavored frosted puffed corn cereal	560
53711002	Quaker Chewy 90 Calorie Granola Bar	400		57124300	Chocolate Lucky Charms	560

53711004	Quaker Chewy 25% Less Sugar Granola Bar	400		57124900	Cinnabon cereal	560
53711006	Quaker Chewy Dipps Granola Bar	400		57125000	Cinnamon Toast Crunch	560
53712000	Snack bar, oatmeal	400		57125010	Cinnamon Toast Crunch Reduced Sugar	560
53712100	Granola bar, NFS	400		57125900	Honey Nut Clusters (formerly called Clusters)	560
53712200	Granola bar, lowfat, NFS	400		57126000	Cocoa Krispies	560
53712210	Granola bar, nonfat	400		57127000	Cocoa Pebbles	560
53713100	Granola bar, peanuts, oats, sugar, wheat germ	400		57128000	Cocoa Puffs	560
53714200	Granola bar, chocolate-coated, NFS	400		57128005	Cocoa Puffs, reduced sugar	560
53714210	Granola bar, with coconut, chocolate-coated	400		57130000	Cookie-Crisp	560
53714220	Granola bar with nuts, chocolate-coated	400		57131000	Crunchy Corn Bran, Quaker	560
53714230	Granola bar, oats, nuts, coated with non-chocolate coating	400		57132000	Corn Chex	560
53714250	Granola bar, coated with non-chocolate coating	400		57134000	Corn flakes, NFS	560
53714300	Granola bar, high fiber, coated with non-chocolate yogurt coating	400		57134090	Corn flakes, low sodium	560
53714400	Granola bar, with rice cereal	400		57135000	Corn flakes, Kellogg's	560
53714500	Breakfast bar, NFS	400		57137000	Corn Puffs	560
53714520	Breakfast bar, cereal crust with fruit filling, lowfat	400		57139000	Count Chocula	560
53720100	Balance Original Bar	400		57143000	Cracklin' Oat Bran	560
53720200	Clif Bar	400		57143500	Cranberry Almond Crunch, Post	560
53720210	Clif Kids Organic Zbar	400		57144000	Crisp Crunch	560
53720300	PowerBar	400		57148000	Crispix	560

53720400	Slim Fast Original Meal Bar	400		57148500	Crispy Brown Rice Cereal	560
53720500	Snickers Marathon Protein bar	400		57151000	Crispy Rice	560
53720600	South Beach Living Meal Bar	400		57201900	Dora the Explorer Cereal	560
53720610	South Beach Living High Protein Bar	400		57206700	Fiber One	560
53720700	Tiger's Milk bar	400		57206705	Fiber One Caramel Delight	560
53720800	Zone Perfect Classic Crunch nutrition bar	400		57206710	Fiber One Honey Clusters	560
53729000	Nutrition bar or meal replacement bar, NFS	400		57206715	Fiber One Raisin Bran Clusters	560
56200300	Cereal, cooked, NFS	560		57206800	Fiber 7 Flakes, Health Valley	560
56200350	Cereal, cooked, instant, NS as to grain	560		57207000	Bran Flakes, NFS (formerly 40% Bran Flakes, NFS)	560
56200390	Barley, cooked, NS as to fat added in cooking	560		57208000	All-Bran Complete Wheat Flakes, Kellogg's	560
56200400	Barley, cooked, fat not added in cooking	560		57209000	Natural Bran Flakes, Post (formerly called 40% Bran Flakes, Post)	560
56200500	Buckwheat groats, cooked, fat not added in cooking	560		57213000	Froot Loops	560
56200510	Buckwheat groats, cooked, fat added in cooking	560		57213010	Froot Loops Marshmallow	560
56200990	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, NS as to fat added in cooking	560		57213850	Frosted Cheerios	560
56201000	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat not added in cooking	560		57214000	Frosted Mini-Wheats	560
56201010	Grits, cooked, corn or hominy, regular, fat not added in cooking	560		57214100	Frosted Wheat Bites	560

56201020	Grits, cooked, corn or hominy, regular, fat added in cooking	560		57215000	Frosty O's	560
56201030	Grits, cooked, corn or hominy, regular, NS as to fat added in cooking	560		57216000	Frosted rice, NFS	560
56201040	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat added in cooking	560		57218000	Frosted Rice Krispies, Kellogg's	560
56201060	Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, NS as to fat added in cooking	560		57219000	Fruit & Fibre (fiber), NFS	560
56201070	Grits, cooked, corn or hominy, with cheese, regular, NS as to fat added in cooking	560		57221650	Fruit Harvest cereal, Kellogg's	560
56201071	Grits, cooked, corn or hominy, with cheese, regular, fat not added in cooking	560		57221700	Fruit Rings, NFS	560
56201072	Grits, cooked, corn or hominy, with cheese, regular, fat added in cooking	560		57221800	Fruit Whirls	560
56201082	Grits, cooked, corn or hominy, with cheese, quick, fat added in cooking	560		57221810	Fruity Cheerios	560
56201091	Grits, cooked, corn or hominy, with cheese, instant, fat not added in cooking	560		57223000	Fruity Pebbles	560
56201092	Grits, cooked, corn or hominy, with cheese, instant, fat added in cooking	560		57224000	Golden Grahams	560
56201110	Grits, cooked, corn or hominy, quick, fat not added in cooking	560		57227000	Granola, NFS	560

56201120	Grits, cooked, corn or hominy, quick, fat added in cooking	560		57228000	Granola, homemade	560
56201210	Grits, cooked, corn or hominy, instant, fat not added in cooking	560		57229000	Granola, lowfat, Kellogg's	560
56201220	Grits, cooked, corn or hominy, instant, fat added in cooking	560		57229500	Granola with Raisins, lowfat, Kellogg's	560
56201230	Grits, cooked, corn or hominy, instant, NS as to fat added in cooking	560		57230000	Grape-Nuts	560
56201298	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, made with milk, fat not added in cooking	560		57231000	Grape-Nuts Flakes	560
56201320	Grits, cooked, corn or hominy, regular, made with milk, fat added in cooking	560		57231200	Great Grains, Raisin, Date, and Pecan Whole Grain Cereal, Post	560
56201322	Grits, cooked, corn or hominy, regular, made with milk, fat not added in cooking	560		57231250	Great Grains Double Pecan Whole Grain Cereal, Post	560
56201324	Grits, cooked, corn or hominy, regular, made with milk, NS as to fat added in cooking	560		57237100	Honey Bunches of Oats Honey Roasted Cereal	560
56201330	Grits, cooked, corn or hominy, quick, made with milk, fat added in cooking	560		57237200	Honey Bunches of Oats with Vanilla Clusters, Post	560
56201332	Grits, cooked, corn or hominy, quick, made with milk, fat not added in cooking	560		57237300	Honey Bunches of Oats with Almonds, Post	560
56201340	Grits, cooked, corn or hominy, instant, made with milk, fat added in cooking	560		57237310	Honey Bunches of Oats with Pecan Bunches	560
56201342	Grits, cooked, corn or hominy, instant,	560		57237900	Honey Bunches of Oats Just Bunches	560

	made with milk, fat not added in cooking					
56201510	Cornmeal mush, made with water	560		57238000	Honeycomb, plain	560
56201520	Cornmeal mush, fried	560		57239000	Honeycomb, strawberry	560
56201530	Cornmeal mush, made with milk	560		57239100	Honey Crunch Corn Flakes, Kellogg's	560
56201540	Cornmeal, made with milk and sugar, Puerto Rican Style (Harina de maiz)	560		57240100	Honey Nut Chex	560
56201550	Cornmeal dumpling	560		57241000	Honey Nut Cheerios	560
56201700	Cornstarch with milk, eaten as a cereal (2 tbsp cornstarch in 2-1/2 cups milk)	560		57241200	Honey Nut Shredded Wheat, Post	560
56202000	Millet, cooked, fat not added in cooking	560		57243000	Honey Smacks, Kellogg's (formerly Smacks; Honey Smacks)	560
56202100	Millet, cooked, fat added in cooking	560		57301500	Kashi, Puffed	560
56202900	Oatmeal, cooked, from fast food	560		57301505	Kashi Autumn Wheat	560
56202960	Oatmeal, cooked, NS as to regular, quick or instant; NS as to fat added in cooking	560		57301510	Kashi GOLEAN	560
56202980	Oatmeal, cooked, regular, NS as to fat added in cooking	560		57301511	Kashi GOLEAN Crunch	560
56203000	Oatmeal, cooked, NS as to regular, quick or instant, fat not added in cooking	560		57301512	Kashi GOLEAN Crunch Honey Almond Flax	560
56203010	Oatmeal, cooked, regular, fat not added in cooking	560		57301520	Kashi Good Friends	560
56203020	Oatmeal, cooked, quick (1 or 3 minutes), fat not added in cooking	560		57301530	Kashi Heart to Heart Honey Toasted Oat	560
56203030	Oatmeal, cooked, instant, fat not added in cooking	560		57301535	Kashi Heart to Heart Oat Flakes and Blueberry Clusters	560
56203040	Oatmeal, cooked, NS as to regular,	560		57301540	Kashi Honey Sunshine	560

	quick, or instant, fat added in cooking					
56203050	Oatmeal, cooked, regular, fat added in cooking	560		57302100	King Vitaman	560
56203060	Oatmeal, cooked, quick (1 or 3 minutes), fat added in cooking	560		57303100	Kix	560
56203070	Oatmeal, cooked, instant, fat added in cooking	560		57303105	Honey Kix	560
56203080	Oatmeal, cooked, instant, NS as to fat added in cooking	560		57304100	Life (plain and cinnamon)	560
56203200	Oatmeal with fruit, cooked	560		57305100	Lucky Charms	560
56203210	Oatmeal, NS as to regular, quick, or instant, made with milk, fat not added in cooking	560		57305150	Frosted oat cereal with marshmallows	560
56203211	Oatmeal, cooked, regular, made with milk, fat not added in cooking	560		57305160	Malt-O-Meal Blueberry Muffin Tops	560
56203212	Oatmeal, cooked, quick (1 or 3 minutes), made with milk, fat not added in cooking	560		57305165	Malt-O-Meal Cinnamon Toasters	560
56203213	Oatmeal, cooked, instant, made with milk, fat not added in cooking	560		57305170	Malt-O-Meal Coco-Roos	560
56203220	Oatmeal, NS as to regular, quick, or instant, made with milk, fat added in cooking	560		57305174	Malt-O-Meal Colossal Crunch	560
56203221	Oatmeal, cooked, regular, made with milk, fat added in cooking	560		57305175	Malt-O-Meal Cocoa Dyno-Bites	560
56203222	Oatmeal, cooked, quick (1 or 3 minutes), made with	560		57305180	Malt-O-Meal Corn Bursts	560

	milk, fat added in cooking					
56203223	Oatmeal, cooked, instant, made with milk, fat added in cooking	560		57305200	Malt-O-Meal Crispy Rice	560
56203230	Oatmeal, NS as to regular, quick, or instant, made with milk, NS as to fat added in cooking	560		57305210	Malt-O-Meal Frosted Flakes	560
56203231	Oatmeal, cooked, regular, made with milk, NS as to fat added in cooking	560		57305215	Malt-O-Meal Frosted Mini Spooners	560
56203232	Oatmeal, cooked, quick (1 or 3 minutes), made with milk, NS as to fat added in cooking	560		57305300	Malt-O-Meal Fruity Dyno-Bites	560
56203233	Oatmeal, cooked, instant, made with milk, NS as to fat added in cooking	560		57305400	Malt-O-Meal Honey Graham Squares	560
56203540	Oatmeal, made with milk and sugar, Puerto Rican style	560		57305500	Malt-O-Meal Honey and Nut Toasty O's	560
56203610	Oatmeal, multigrain, cooked, fat not added in cooking	560		57305600	Malt-O-Meal Marshmallow Mateys	560
56204000	Quinoa, cooked, NS as to fat added in cooking	560		57306100	Malt-O-Meal Puffed Rice	560
56204005	Quinoa, cooked, fat not added in cooking	560		57306120	Malt-O-Meal Puffed Wheat	560
56204010	Quinoa, cooked, fat added in cooking	560		57306130	Malt-O-Meal Raisin Bran	560
56205000	Rice, cooked, NFS	560		57306500	Malt-O-Meal Golden Puffs (formerly Sugar Puffs)	560
56205002	Rice, white, cooked, fat added in cooking, made with oil	560		57306700	Malt-O-Meal Toasted Oat Cereal	560
56205004	Rice, white, cooked, fat added in cooking, made with butter	560		57306800	Malt-O-meal Tootie Fruities	560
56205006	Rice, white, cooked, fat added in cooking, made with margarine	560		57307010	Maple Pecan Crunch Cereal, Post	560

56205008	Rice, white, cooked, fat not added in cooking	560		57307500	Millet, puffed	560
56205012	Rice, brown, cooked, fat added in cooking, made with oil	560		57307600	Mini-Swirlz Cinnamon Bun Cereal, Kellogg's	560
56205014	Rice, brown, cooked, fat added in cooking, made with butter	560		57308150	Mueslix cereal, NFS	560
56205016	Rice, brown, cooked, fat added in cooking, made with margarine	560		57308190	Muesli, dried fruit and nuts (formerly Muesli with raisins, dates, and almonds)	560
56205018	Rice, brown, cooked, fat not added in cooking	560		57308300	Multi Bran Chex	560
56205050	Rice, cream of, cooked, fat not added in cooking	560		57308400	MultiGrain Cheerios	560
56205060	Rice, cooked, with milk	560		57309100	Nature Valley Granola, with fruit and nuts	560
56205070	Rice, sweet (rice, cooked, with honey)	560		57316300	Oat Bran Flakes, Health Valley	560
56205080	Rice, creamed, made with milk and sugar, Puerto Rican style	560		57316380	Oat Cluster Cheerios Crunch	560
56205090	Rice, cream of, cooked, fat added in cooking	560		57316450	Oatmeal Crisp with Almonds	560
56205094	Rice, cream of, cooked, made with milk	560		57316500	Oatmeal Crisp, Raisin (formerly Oatmeal Raisin Crisp)	560
56205101	Congee (Asian)	560		57316710	Oh's, Honey Graham	560
56205130	Yellow rice, cooked, NS as to fat added in cooking	560		57319500	Sun Country 100% Natural Granola, with Almonds	560
56205150	Yellow rice, cooked, fat not added in cooking	560		57320500	100 % Natural Cereal, with oats, honey and raisins, Quaker	560
56205170	Yellow rice, cooked, fat added in cooking	560		57321700	Optimum, Nature's Path	560
56205190	Rice, white, cooked, glutinous	560		57321900	Organic Flax Plus, Nature's Path	560
56205205	Rice, wild, 100%, cooked, NS as to fat added in cooking	560		57321905	Organic Flax Plus, Pumpkin Granola, Nature's Path	560

56205210	Rice, wild, 100%, cooked, fat not added in cooking	560		57325000	Product 19	560
56205215	Rice, wild, 100%, cooked, fat added in cooking	560		57326000	Puffins Cereal	560
56205300	Rice, white and wild, cooked, fat not added in cooking	560		57327450	Quaker Oat Bran Cereal	560
56205310	Rice, brown and wild, cooked, fat not added in cooking	560		57327500	Quaker Oatmeal Squares (formerly Quaker Oat Squares)	560
56205320	Rice, white and wild, cooked, fat added in cooking	560		57328000	Quisp	560
56205330	Rice, white and wild, cooked, NS as to fat added in cooking	560		57329000	Raisin bran, NFS	560
56205350	Rice, brown and wild, cooked, NS as to fat added in cooking	560		57330000	Raisin Bran, Kellogg's	560
56205410	Rice, white, cooked with (fat) oil, Puerto Rican style (Arroz blanco)	560		57330010	Raisin Bran Crunch, Kellogg's	560
56206990	Wheat, cream of, cooked, NS as to regular, quick, or instant, NS as to fat added in cooking	560		57331000	Raisin Bran, Post	560
56207000	Wheat, cream of, cooked, NS as to regular, quick, or instant, fat not added in cooking	560		57332050	Raisin Bran, Total	560
56207010	Wheat, cream of, cooked, regular, fat not added in cooking	560		57332100	Raisin Nut Bran	560
56207020	Wheat, cream of, cooked, quick, fat not added in cooking	560		57335550	Reese's Peanut Butter Puffs cereal	560
56207030	Wheat, cream of, cooked, instant, fat not added in cooking	560		57336000	Rice Chex	560
56207060	Wheat, cream of, cooked, instant, fat added in cooking	560		57337000	Rice Flakes, NFS	560

56207080	Wheat, cream of, cooked, NS as to regular, quick, or instant, fat added in cooking	560		57339000	Rice Krispies, Kellogg's	560
56207086	Wheat, cream of, cooked, regular, made with milk, fat added in cooking	560		57339500	Rice Krispies Treats Cereal, Kellogg's	560
56207087	Wheat, cream of, cooked, regular, made with milk, fat not added in cooking	560		57340000	Rice, puffed	560
56207092	Wheat, cream of, cooked, quick, made with milk, fat not added in cooking	560		57341000	Shredded Wheat'N Bran	560
56207095	Wheat, cream of, cooked, instant, made with milk, fat not added in cooking	560		57341200	Smart Start Strong Heart Antioxidants Cereal, Kellogg's	560
56207110	Bulgur, cooked or canned, fat not added in cooking	560		57342010	Smorz, Kellogg's	560
56207120	Bulgur, cooked or canned, fat added in cooking	560		57344000	Special K	560
56207130	Bulgur, cooked or canned, NS as to fat added in cooking	560		57344001	Special K Blueberry	560
56207150	Couscous, plain, cooked, fat not added in cooking	560		57344005	Special K Chocolatey Delight	560
56207160	Couscous, plain, cooked, NS as to fat added in cooking	560		57344007	Special K Low Fat Granola	560
56207180	Couscous, plain, cooked, fat added in cooking	560		57344010	Special K Red Berries	560
56207190	Whole wheat cereal, cooked, NS as to fat added in cooking	560		57344015	Special K Fruit & Yogurt	560
56207200	Whole wheat cereal, cooked, fat not added in cooking	560		57344020	Special K Vanilla Almond	560
56207210	Whole wheat cereal, cooked, fat added in cooking	560		57344025	Special K Cinnamon Pecan, Kellogg's	560

56207212	Whole wheat cereal, cooked, made with milk	560		57346500	Oatmeal Honey Nut Heaven, Quaker (formerly Toasted Oatmeal, Honey Nut)	560
56207220	Wheat, cream of, cooked, regular, fat added in cooking	560		57347000	Corn Pops	560
56207230	Wheat, cream of, cooked, quick, fat added in cooking	560		57348000	Frosted corn flakes, NFS	560
56207300	Whole wheat cereal, wheat and barley, cooked, fat not added in cooking	560		57349000	Frosted Flakes, Kellogg's	560
56207330	Whole wheat cereal, wheat and barley, cooked, fat added in cooking	560		57349020	Reduced Sugar Frosted Flakes Cereal, Kellogg's	560
56207342	Whole wheat cereal, wheat and barley, cooked, made with milk	560		57355000	Golden Crisp (Formerly called Super Golden Crisp)	560
56207350	Wheat cereal, chocolate flavored, cooked, made with milk	560		57401100	Toasted oat cereal	560
56208510	Oat bran cereal, cooked, fat added in cooking	560		57403100	Toasties, Post	560
56208530	Oat bran cereal, cooked, made with milk, fat not added in cooking	560		57406100	Total	560
56209000	Rye, cream of, cooked	560		57406105	Total Cranberry Crunch	560
56210000	Nestum cereal	560		57407100	Trix	560
57000000	Cereal, NFS	560		57407110	Trix, reduced sugar	560
57000050	Kashi cereal, NS as to ready to eat or cooked	560		57408100	Uncle Sam Cereal (formerly Uncle Sam's Hi Fiber Cereal)	560
57000100	Oat cereal, NFS	560		57409100	Waffle Crisp, Post	560
57100100	Cereal, ready-to-eat, NFS	560		57410000	Weetabix Whole Wheat Cereal	560
57101000	All-Bran	560		57411000	Wheat Chex	560
57103000	Alpha-Bits	560		57412000	Wheat germ, plain	560
57103020	Alpha-bits with marshmallows	560		57416000	Wheat, puffed, plain	560

57103050	Amaranth Flakes	560		57416010	Wheat, puffed, presweetened with sugar	560
57103100	Apple Cinnamon Cheerios	560		57417000	Shredded Wheat, 100%	560
57104000	Apple Jacks	560		57418000	Wheaties	560
57106050	Banana Nut Crunch Cereal (Post)	560		57419000	Yogurt Burst Cheerios	560

Appendix 2. Food codes used by FDA to estimate cumulative exposure to vitamin D from all sources (including naturally-occurring, approved, affirmed as GRAS, and petitioned sources)

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11000000	Milk, human	4	32400500	Egg white, omelet, scrambled, or fried, with cheese and vegetables, fat added in cooking	180
11100000	Milk, NFS	84	32400510	Egg white, omelet, scrambled, or fried, with cheese and vegetables, fat not added in cooking	180
11111000	Milk, whole	84	32400520	Egg white, omelet, scrambled, or fried, with cheese and vegetables, NS as to fat added in cooking	180
11111160	Milk, calcium fortified, low fat (1%)	84	32400600	Egg white, omelet, scrambled, or fried, with meat and vegetables, fat added in cooking	180
11111170	Milk, calcium fortified, fat free (skim)	84	32400610	Egg white, omelet, scrambled, or fried, with meat and vegetables, fat not added in cooking	12
11112110	Milk, reduced fat (2%)	84	32400620	Egg white, omelet, scrambled, or fried, with meat and vegetables, NS as to fat added in cooking	180
11112130	Milk, acidophilus, reduced fat (2%)	84	32400700	Egg white, omelet, scrambled, or fried, with cheese, meat, and vegetables, fat added in cooking	180
11112210	Milk, low fat (1%)	84	32400710	Egg white, omelet, scrambled, or fried, with cheese, meat, and vegetables, fat not added in cooking	12
11113000	Milk, fat free (skim)	84	32400720	Egg white, omelet, scrambled, or fried, with cheese, meat, and vegetables, NS as to fat added in cooking	180

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11114300	Milk, lactose free, low fat (1%)	84		32401000	Meringues	154
11114320	Milk, lactose free, fat free (skim)	84		33001000	Egg substitute, omelet, scrambled, or fried, made with margarine	72
11114330	Milk, lactose free, reduced fat (2%)	84		33001010	Egg substitute, omelet, scrambled, or fried, made with oil	230
11114350	Milk, lactose free, whole	84		33001020	Egg substitute, omelet, scrambled, or fried, made with butter	230
11115300	Buttermilk, whole	52		33001040	Egg substitute, omelet, scrambled, or fried, made with cooking spray	230
11115400	Kefir, NS as to fat content	40		33001050	Egg substitute, omelet, scrambled, or fried, made without fat	230
11116000	Goat's milk, whole	52		33401000	Egg substitute, omelet, scrambled, or fried, with cheese, fat added in cooking	60
11120000	Milk, dry, reconstituted, NS as to fat content	84		33401020	Egg substitute, omelet, scrambled, or fried, with cheese, NS as to fat added in cooking	60
11121100	Milk, dry, reconstituted, whole	84		33401100	Egg substitute, omelet, scrambled, or fried, with meat, fat added in cooking	60
11121210	Milk, dry, reconstituted, low fat (1%)	84		33401110	Egg substitute, omelet, scrambled, or fried, with meat, fat not added in cooking	60
11121300	Milk, dry, reconstituted, fat free (skim)	84		33401220	Egg substitute, omelet, scrambled, or fried, with vegetables, NS as to fat added in cooking	44
11210050	Milk, evaporated, NS as to fat content	84		33401300	Egg substitute, omelet, scrambled, or fried, with cheese and meat, fat added in cooking	56
11211050	Milk, evaporated, whole	84		33401310	Egg substitute, omelet, scrambled, or fried, with cheese and meat, fat not added in cooking	56

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11211400	Milk, evaporated, reduced fat (2%)	84	33401400	Egg substitute, omelet, scrambled, or fried, with cheese and vegetables, fat added in cooking	40
11212050	Milk, evaporated, fat free (skim)	84	33401420	Egg substitute, omelet, scrambled, or fried, with cheese and vegetables, NS as to fat added in cooking	40
11220000	Milk, condensed, sweetened	84	33401510	Egg substitute, omelet, scrambled, or fried, with meat and vegetables, fat not added in cooking	56
11320000	Soy milk	92	33401600	Egg substitute, omelet, scrambled, or fried, with cheese, meat, and vegetables, fat added in cooking	48
11320100	Soy milk, light	92	33401610	Egg substitute, omelet, scrambled, or fried, with cheese, meat, and vegetables, fat not added in cooking	52
11320200	Soy milk, nonfat	92	33401620	Egg substitute, omelet, scrambled, or fried, with cheese, meat, and vegetables, NS as to fat added in cooking	48
11321000	Soy milk, chocolate	92	41101112	White beans, dry, cooked, made with animal fat or meat drippings	4
11321100	Soy milk, light, chocolate	92	41101113	White beans, dry, cooked, made with margarine	12
11321200	Soy milk, nonfat, chocolate	92	41102012	Black, brown, or Bayo beans, dry, cooked, made with animal fat or meat drippings	4
11340000	Imitation milk, non-soy, sweetened	92	41103012	Lima beans, dry, cooked, made with animal fat or meat drippings	4
11350000	Almond milk, sweetened	92	41103013	Lima beans, dry, cooked, made with margarine	12

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11350010	Almond milk, sweetened, chocolate	92		41104012	Pinto, calico, or red Mexican beans, dry, cooked, made with animal fat or meat drippings	8
11350020	Almond milk, unsweetened	92		41104013	Pinto, calico, or red Mexican beans, dry, cooked, made with margarine	12
11350030	Almond milk, unsweetened, chocolate	92		41106012	Red kidney beans, dry, cooked, made with animal fat or meat drippings	4
11360000	Rice milk	92		41205010	Refried beans, fat added in cooking, NS as to type of fat	4
11370000	Coconut milk	92		41205012	Refried beans, made with animal fat or meat drippings	4
11410000	Yogurt, NS as to type of milk or flavor	89		41205013	Refried beans, made with margarine	8
11411010	Yogurt, plain, NS as to type of milk	89		41205015	Refried beans, fat not added in cooking	4
11411100	Yogurt, plain, whole milk	89		41205020	Refried beans with cheese	4
11411200	Yogurt, plain, low fat milk	89		41205030	Refried beans with meat	8
11411300	Yogurt, plain, nonfat milk	89		41208100	Beans, dry, cooked with pork	8
11411400	Yogurt, Greek, plain, whole milk	89		41210090	Stewed beans with pork, tomatoes, and chili peppers, Mexican style (Frijoles a la charra)	24
11411410	Yogurt, Greek, plain, low fat	89		41303012	Green or yellow split peas, dry, cooked, made with animal fat or meat drippings	4
11411420	Yogurt, Greek, plain, nonfat milk	89		41303013	Green or yellow split peas, dry, cooked, made with margarine	12
11420000	Yogurt, vanilla, NS as to type of milk	89		41304130	Cowpeas, dry, cooked with pork	24
11421000	Yogurt, vanilla, whole milk	89		41304992	Lentils, dry, cooked, made with animal fat or meat drippings	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11422000	Yogurt, vanilla, low fat milk	89	41420010	Soybean curd	104
11422100	Yogurt, vanilla, low fat milk, light	89	41420050	Soybean curd cheese	104
11423000	Yogurt, vanilla, nonfat milk	89	41420200	Natto (fermented soybean product)	104
11424000	Yogurt, vanilla, nonfat milk, light	89	41420380	Soy yogurt	98
11424500	Yogurt, Greek, vanilla, whole milk	89	41421010	Soybean curd, deep fried	104
11424510	Yogurt, Greek, vanilla, low fat	89	41421020	Soybean curd, breaded, fried	104
11424520	Yogurt, Greek, vanilla, nonfat	89	41422010	Soybean meal	104
11426000	Yogurt, chocolate, whole milk	89	41440000	Textured vegetable protein, dry	104
11427000	Yogurt, chocolate, nonfat milk	89	41601010	Bean soup, NFS	45
11428000	Yogurt, Greek, chocolate, nonfat	89	41601020	Bean with bacon or ham soup, canned or ready-to-serve	45
11430000	Yogurt, fruit, NS as to type of milk	89	41601030	Black bean soup, home recipe, canned or ready-to-serve	45
11431000	Yogurt, fruit, whole milk	89	41601040	Lima bean soup, home recipe, canned or ready-to-serve	45
11432000	Yogurt, fruit, low fat milk	89	41601070	Soybean soup, miso broth	45
11432500	Yogurt, fruit, low fat milk, light	89	41601090	Bean soup, with macaroni, home recipe, canned, or ready-to-serve	45
11433000	Yogurt, fruit, nonfat milk	89	41601100	Portuguese bean soup, home recipe, canned or ready-to-serve	45
11433500	Yogurt, fruit, nonfat milk, light	89	41601110	Bean and ham soup, chunky style, canned or ready-to-serve	45
11434000	Yogurt, Greek, fruit, whole milk	89	41601130	Bean soup, mixed beans, home recipe, canned or ready-to-serve	45
11434010	Yogurt, Greek, fruit, low fat	89	41601180	Bean and ham soup, home recipe	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11434020	Yogurt, Greek, fruit, nonfat	89		41602010	Pea and ham soup, chunky style, canned or ready-to-serve	45
11446000	Fruit and low fat yogurt parfait	89		41602020	Garbanzo bean or chickpea soup, home recipe, canned or ready-to-serve	45
11460000	Yogurt, frozen, flavors other than chocolate, NS as to type of milk	4		41602030	Split pea and ham soup	45
11460100	Yogurt, frozen, chocolate, NS as to type of milk	4		41602050	Split pea soup	45
11460250	Yogurt, frozen, flavors other than chocolate, with sorbet or sorbet-coated	4		41602070	Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve	45
11461250	Yogurt, frozen, cone, chocolate	4		41602090	Split pea and ham soup, canned, reduced sodium, prepared with water or ready-to-serve	45
11461260	Yogurt, frozen, cone, flavors other than chocolate	89		41603010	Lentil soup, home recipe, canned, or ready-to-serve	45
11480010	Yogurt, whole milk, baby food	89		41810200	Bacon strip, meatless	125
11480020	Yogurt, whole milk, baby food, with fruit and multigrain cereal puree, NFS	89		41810250	Bacon bits	104
11511000	Chocolate milk, NFS	84		41810400	Breakfast link, pattie, or slice, meatless	104
11511100	Chocolate milk, ready to drink, whole	84		41810600	Chicken, meatless, NFS	104
11511200	Chocolate milk, ready to drink, reduced fat (2%)	84		41810610	Chicken, meatless, breaded, fried	104
11511300	Chocolate milk, ready to drink, fat free (skim)	84		41811400	Frankfurter or hot dog, meatless	104

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11511400	Chocolate milk, ready to drink, low fat (1%)	84		41811600	Luncheon slice, meatless-beef, chicken, salami or turkey	104
11511550	Chocolate milk, ready to drink, reduced sugar, NS as to milk	60		41811800	Meatball, meatless	104
11511600	Nesquik, chocolate milk, ready to drink, low fat (1%)	44		41811890	Vegetarian burger or patty, meatless, no bun	104
11511610	Nesquik, chocolate milk, ready to drink, fat free (skim)	44		41812400	Vegetarian pot pie	104
11511700	Nesquik, chocolate milk, ready to drink, low fat (1%), no sugar added	44		41812450	Vegetarian chili (made with meat substitute)	104
11512000	Cocoa, hot chocolate, not from dry mix, made with whole milk	84		41812500	Tofu and vegetables (including carrots, broccoli, and/or dark-green leafy vegetables (no potatoes)), with soy-based sauce (mixture)	104
11512010	Hot chocolate / Cocoa, ready to drink	40		41812510	Tofu and vegetables (excluding carrots, broccoli, and dark-green leafy vegetables (no potatoes)), with soy-based sauce (mixture)	104
11512020	Hot chocolate / Cocoa, ready to drink, made with nonfat milk	40		41812800	Vegetarian stew	104
11512030	Hot chocolate / Cocoa, ready to drink, made with non-dairy milk	92		41812850	Vegetarian stroganoff (made with meat substitute)	104
11512100	Hot chocolate / Cocoa, ready to drink, with whipped cream	40		41812900	Vegetarian meat loaf or patties (meat loaf made with meat substitute)	104
11512110	Hot chocolate / Cocoa, ready to drink, made with	40		41901020	Soyburger, meatless, with cheese on bun	104

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	nonfat milk and whipped cream					
11512120	Hot chocolate / Cocoa, ready to drink, made with non-dairy milk and whipped cream	92		42401010	Coconut milk, used in cooking (liquid expressed from grated coconut meat, water added)	92
11512500	Hot chocolate, Puerto Rican style, made with whole milk	84		42402010	Coconut cream (liquid expressed from grated coconut meat), canned, sweetened	92
11512510	Hot chocolate, Puerto Rican style, made with low fat milk	84		42403010	Coconut water, unsweetened (liquid from coconuts)	46
11513000	Chocolate milk, made from dry mix, NS as to type of milk	84		42404010	Coconut water, sweetened	46
11513100	Chocolate milk, made from dry mix with whole milk	84		51000100	Bread, NS as to major flour	440
11513150	Chocolate milk, made from dry mix with reduced fat milk (2%)	84		51000110	Bread, NS as to major flour, toasted	440
11513200	Chocolate milk, made from dry mix with low fat milk (1%)	84		51000180	Bread, made from home recipe or purchased at a bakery, NS as to major flour	440
11513300	Chocolate milk, made from dry mix with fat free milk (skim)	84		51000190	Bread, made from home recipe or purchased at a bakery, toasted, NS as to major flour	440
11513310	Chocolate milk, made from dry mix with non-dairy milk	92		51000200	Roll, NS as to major flour	440
11513355	Chocolate milk, made from reduced sugar mix with whole milk	84		51000300	Roll, hard, NS as to major flour	440
11513360	Chocolate milk, made from reduced sugar mix with	84		51000400	Roll, bran, NS as to type of bran	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	reduced fat milk (2%)					
11513365	Chocolate milk, made from reduced sugar mix with low fat milk (1%)	84		51101000	Bread, white	440
11513380	Nesquik, chocolate milk, made from dry mix, NS as to type of milk	48		51101010	Bread, white, toasted	440
11513381	Nesquik, chocolate milk, made from dry mix with whole milk	48		51101050	Bread, white, made from home recipe or purchased at a bakery	440
11513382	Nesquik, chocolate milk, made from dry mix with reduced fat milk (2%)	44		51101060	Bread, white, made from home recipe or purchased at a bakery, toasted	440
11513383	Nesquik, chocolate milk, made from dry mix with low fat milk (1%)	44		51102010	Bread, white with whole wheat swirl	440
11513384	Nesquik, chocolate milk, made from dry mix with fat free milk (skim)	44		51102020	Bread, white with whole wheat swirl, toasted	440
11513391	Nesquik, chocolate milk, made from no sugar added dry mix with whole milk	48		51105010	Bread, Cuban	440
11513392	Nesquik, chocolate milk, made from no sugar added dry mix with reduced fat milk (2%)	44		51105040	Bread, Cuban, toasted	440
11513393	Nesquik, chocolate milk, made from no sugar added dry mix with low fat milk (1%)	44		51107010	Bread, French or Vienna	440
11513394	Nesquik, chocolate milk, made from no sugar added dry mix with fat free milk (skim)	44		51107040	Bread, French or Vienna, toasted	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11513400	Chocolate milk, made from syrup, NS as to type of milk	84		51108010	Focaccia, Italian flatbread, plain	440
11513500	Chocolate milk, made from syrup with whole milk	84		51108100	Naan, Indian flatbread	440
11513550	Chocolate milk, made from syrup with reduced fat milk (2%)	84		51109010	Bread, Italian, Grecian, Armenian	440
11513600	Chocolate milk, made from syrup with low fat milk (1%)	84		51109040	Bread, Italian, Grecian, Armenian, toasted	440
11513700	Chocolate milk, made from syrup with fat free milk (skim)	84		51109100	Bread, pita	440
11513750	Chocolate milk, made from syrup with non-dairy milk	92		51109110	Bread, pita, toasted	440
11513801	Chocolate milk, made from light syrup with whole milk	44		51109150	Bread, pita with fruit	440
11513803	Chocolate milk, made from light syrup with low fat milk (1%)	40		51111010	Bread, cheese	440
11513804	Chocolate milk, made from light syrup with fat free milk (skim)	40		51111040	Bread, cheese, toasted	440
11513805	Chocolate milk, made from light syrup with non-dairy milk	92		51113010	Bread, cinnamon	440
11513851	Chocolate milk, made from sugar free syrup with whole milk	44		51113100	Bread, cinnamon, toasted	440
11513853	Chocolate milk, made from sugar	40		51119010	Bread, egg, Challah	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	free syrup with low fat milk (1%)					
11514100	Hot chocolate / Cocoa, made with dry mix and water	40		51119040	Bread, egg, Challah, toasted	440
11514110	Hot chocolate / Cocoa, made with dry mix and whole milk	44		51121010	Bread, garlic	440
11514120	Hot chocolate / Cocoa, made with dry mix and reduced fat milk (2%)	40		51121110	Bread, onion	440
11514130	Hot chocolate / Cocoa, made with dry mix and low fat milk (1%)	40		51122000	Bread, reduced calorie and/or high fiber, white or NFS	440
11514140	Hot chocolate / Cocoa, made with dry mix and fat free milk (skim)	40		51122010	Bread, reduced calorie and/or high fiber, white or NFS, toasted	440
11514150	Hot chocolate / Cocoa, made with dry mix and non-dairy milk	92		51123010	Bread, high protein	440
11514310	Hot chocolate / Cocoa, made with no sugar added dry mix and water	40		51127010	Bread, potato	440
11514330	Hot chocolate / Cocoa, made with no sugar added dry mix and reduced fat milk (2%)	44		51127020	Bread, potato, toasted	440
11514340	Hot chocolate / Cocoa, made with no sugar added dry mix and low fat milk (1%)	44		51129010	Bread, raisin	440
11514350	Hot chocolate / Cocoa, made with no sugar added dry mix and fat free milk (skim)	44		51129020	Bread, raisin, toasted	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11514360	Hot chocolate / Cocoa, made with no sugar added dry mix and non-dairy milk	92		51133010	Bread, sour dough	440
11516000	Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added	84		51133020	Bread, sour dough, toasted	440
11519000	Milk beverage, made with whole milk, flavors other than chocolate	84		51134000	Bread, sweet potato	440
11519040	Strawberry milk, NFS	84		51135000	Bread, vegetable	440
11519050	Strawberry milk, whole	84		51135010	Bread, vegetable, toasted	440
11519105	Strawberry milk, reduced fat (2%)	84		51140100	Bread, dough, fried	440
11519200	Strawberry milk, low fat (1%)	84		51150000	Roll, white, soft	440
11519205	Strawberry milk, fat free (skim)	84		51150100	Roll, white, soft, toasted	440
11519215	Strawberry milk, non-dairy	92		51151060	Roll, white, soft, made from home recipe or purchased at a bakery	440
11521000	Milk, malted, unfortified, chocolate, made with milk	44		51153000	Roll, white, hard	440
11522000	Milk, malted, unfortified, natural flavor, made with milk	44		51154010	Roll, white, hot dog bun	440
11525000	Milk, malted, natural flavor, made with milk	208		51154100	Roll, white, hamburger bun	440
11526000	Milk, malted, chocolate, made with milk	208		51154510	Roll, diet	440
11531000	Eggnog, regular	84		51154550	Roll, egg bread	440
11531500	Eggnog, lowfat / light	84		51154600	Roll, cheese	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11541110	Milk shake, home recipe, chocolate	36	51155000	Roll, French or Vienna	440
11541120	Milk shake, home recipe, flavors other than chocolate	36	51156500	Roll, garlic	440
11541130	Milk shake, home recipe, chocolate, light	32	51157000	Roll, white, hoagie, submarine	440
11541135	Milk shake, home recipe, flavors other than chocolate, light	32	51158100	Roll, Mexican, bolillo	440
11541400	Milk shake with malt	36	51159000	Roll, sour dough	440
11541500	Milk shake, made with skim milk, chocolate	32	51160000	Roll, sweet, no frosting	440
11541510	Milk shake, made with skim milk, flavors other than chocolate	32	51160100	Roll, sweet, cinnamon bun, no frosting	440
11542100	Milk shake, fast food, chocolate	32	51160110	Roll, sweet, cinnamon bun, frosted	440
11542200	Milk shake, fast food, flavors other than chocolate	32	51161000	Roll, sweet, with fruit, no frosting	440
11551050	Licudo / Batido (milk fruit drink)	32	51161020	Roll, sweet, with fruit, frosted	440
11553000	Fruit smoothie drink, made with fruit or fruit juice and dairy products	46	51161050	Roll, sweet, frosted	440
11553100	Fruit smoothie, NFS	46	51161250	Roll, sweet, no topping, Mexican (Pan Dulce)	440
11553110	Fruit smoothie, with whole fruit and dairy	46	51161270	Roll, sweet, sugar topping, Mexican (Pan Dulce)	440
11553120	Fruit smoothie, with whole fruit and dairy, added protein	46	51161280	Roll, sweet, with raisins and icing, Mexican (Pan Dulce)	440
11553130	Fruit smoothie juice drink, with dairy	46	51165000	Coffee cake, yeast type	440
11560000	Yoo-hoo, chocolate milk drink	84	51166000	Croissant	440
11561000	Cafe con leche	28	51166100	Croissant, cheese	440
11561010	Cafe con leche prepared with sugar	24	51166200	Croissant, chocolate	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710000	Infant formula, NFS	74		51166500	Croissant, fruit	440
11710051	Similac Expert Care Alimentum, infant formula, ready-to-feed	28		51167000	Brioche	440
11710054	Similac Expert Care Alimentum, infant formula, prepared from powder, made with tap water	74		51180010	Bagel	440
11710055	Similac Expert Care Alimentum, infant formula, prepared from powder, made with plain bottled water	74		51180020	Bagel, toasted	440
11710056	Similac Expert Care Alimentum, infant formula, prepared from powder, made with baby water	74		51180030	Bagel, with raisins	440
11710350	Similac Advance, infant formula, NS as to form	74		51180080	Bagel, with fruit other than raisins	440
11710351	Similac Advance, infant formula, ready-to-feed	74		51182010	Bread stuffing	440
11710353	Similac Advance, infant formula, prepared from powder, made with water, NFS	74		51182020	Bread stuffing made with egg	440
11710354	Similac Advance, infant formula, prepared from liquid concentrate, made with tap water	74		51184000	Bread sticks, hard	440
11710355	Similac Advance, infant formula, prepared from liquid concentrate, made with plain bottled water	74		51184010	Bread stick, soft	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710356	Similac Advance, infant formula, prepared from liquid concentrate, made with baby water	74		51184020	Bread stick, NS as to hard or soft	440
11710357	Similac Advance, infant formula, prepared from powder, made with tap water	74		51184030	Bread stick, soft, prepared with garlic and parmesan cheese	440
11710358	Similac Advance, infant formula, prepared from powder, made with plain bottled water	74		51185000	Croutons	440
11710359	Similac Advance, infant formula, prepared from powder, made with baby water	74		51186010	Muffin, English	440
11710367	Similac Advance Organic, infant formula, prepared from powder, made with tap water	74		51186020	Muffin, English, toasted	440
11710370	Similac Sensitive, infant formula, NS as to form	74		51186100	Muffin, English, with raisins	440
11710371	Similac Sensitive, infant formula, ready-to-feed	74		51186160	Muffin, English, with fruit other than raisins	440
11710373	Similac Sensitive, infant formula, prepared from powder, made with water, NFS	74		51187000	Melba toast	440
11710374	Similac Sensitive, infant formula, prepared from liquid concentrate, made with tap water	74		51187020	Anisette toast	440
11710376	Similac Sensitive, infant formula, prepared from liquid	74		51188500	Zwieback toast	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	concentrate, made with baby water					
11710377	Similac Sensitive, infant formula, prepared from powder, made with tap water	74		51201010	Bread, whole wheat, 100%	440
11710378	Similac Sensitive, infant formula, prepared from powder, made with plain bottled water	74		51201020	Bread, whole wheat, 100%, toasted	440
11710379	Similac Sensitive, infant formula, prepared from powder, made with baby water	74		51201060	Bread, whole wheat, 100%, made from home recipe or purchased at bakery	440
11710387	Similac Sensitive for Spit-Up, infant formula, prepared from powder, made with tap water	74		51201070	Bread, whole wheat, 100%, made from home recipe or purchased at bakery, toasted	440
11710388	Similac Sensitive for Spit-Up, infant formula, prepared from powder, made with plain bottled water	74		51202000	Muffin, English, whole wheat, 100%	440
11710389	Similac Sensitive for Spit-Up, infant formula, prepared from powder, made with baby water	74		51207010	Bread, sprouted wheat	440
11710471	Similac Expert Care NeoSure, infant formula, ready-to-feed	74		51207020	Bread, sprouted wheat, toasted	440
11710477	Similac Expert Care NeoSure, infant formula, prepared from powder, made with tap water	74		51208000	Bagel, whole wheat, 100%	440
11710478	Similac Expert Care NeoSure, infant	74		51208100	Bagel, whole wheat, 100%, with raisins	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	formula, prepared from powder, made with plain bottled water					
11710479	Similac Expert Care NeoSure, infant formula, prepared from powder, made with baby water	74		51300050	Bread, whole grain white	440
11710480	Similac Go and Grow, infant formula, NS as to form	74		51300060	Bread, whole grain white, toasted	440
11710482	Similac Go and Grow, infant formula, prepared from powder, made with tap water	74		51300100	Bagel, whole grain white	440
11710484	Similac Go and Grow, infant formula, prepared from powder, made with baby water	74		51300110	Bread, whole wheat	440
11710626	Enfamil PREMIUM Newborn, infant formula, prepared from powder, made with water, NFS	74		51300120	Bread, whole wheat, toasted	440
11710627	Enfamil PREMIUM Newborn, infant formula, prepared from powder, made with tap water	74		51300140	Bread, whole wheat, made from home recipe or purchased at bakery	440
11710628	Enfamil PREMIUM Newborn, infant formula, prepared from powder, made with plain bottled water	74		51300150	Bread, whole wheat, made from home recipe or purchased at bakery, toasted	440
11710629	Enfamil PREMIUM Newborn, infant formula, prepared from powder, made with baby water	74		51300175	Bread, chappatti or roti (Indian bread), wheat	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710633	Enfamil PREMIUM Infant, infant formula, prepared from liquid concentrate, made with tap water	74		51300180	Bread, puri or poori (Indian puffed bread), wheat	440
11710637	Enfamil PREMIUM Infant, infant formula, prepared from powder, made with tap water	74		51300185	Bread, paratha, (Indian flat bread), wheat	440
11710638	Enfamil PREMIUM Infant, infant formula, prepared from powder, made with plain bottled water	74		51300210	Bread, whole wheat, with raisins	440
11710639	Enfamil PREMIUM Infant, infant formula, prepared from powder, made with baby water	74		51300220	Bread, whole wheat, with raisins, toasted	440
11710640	Enfamil PREMIUM LIPIL, infant formula, NS as to form	74		51300300	Bread, sprouted wheat	440
11710643	Enfamil PREMIUM LIPIL, infant formula, prepared from powder, made with water, NFS	74		51300310	Bread, sprouted wheat, toasted	440
11710644	Enfamil PREMIUM LIPIL, infant formula, prepared from liquid concentrate, made with tap water	74		51301010	Bread, wheat or cracked wheat	440
11710645	Enfamil PREMIUM LIPIL, infant formula, prepared from liquid concentrate, made with plain bottled water	74		51301020	Bread, wheat or cracked wheat, toasted	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710646	Enfamil PREMIUM LIPIL, infant formula, prepared from liquid concentrate, made with baby water	74		51301040	Bread, wheat or cracked wheat, made from home recipe or purchased at bakery	440
11710647	Enfamil PREMIUM LIPIL, infant formula, prepared from powder, made with tap water	74		51301050	Bread, wheat or cracked wheat, made from home recipe or purchased at bakery, toasted	440
11710648	Enfamil PREMIUM LIPIL, infant formula, prepared from powder, made with plain bottled water	74		51301120	Bread, wheat or cracked wheat, with raisins	440
11710649	Enfamil PREMIUM LIPIL, infant formula, prepared from powder, made with baby water	74		51301130	Bread, wheat or cracked wheat, with raisins, toasted	440
11710650	Enfamil LIPIL, infant formula, NS as to form	74		51301510	Bread, wheat or cracked wheat, reduced calorie and/or high fiber	440
11710651	Enfamil LIPIL, infant formula, ready-to-feed	74		51301520	Bread, wheat or cracked wheat, reduced calorie and/or high fiber, toasted	440
11710653	Enfamil LIPIL, infant formula, prepared from powder, made with water, NFS	74		51301540	Bread, French or Vienna, whole wheat	440
11710654	Enfamil LIPIL, infant formula, prepared from liquid concentrate, made with tap water	74		51301600	Bread, pita, whole wheat	440
11710656	Enfamil LIPIL, infant formula, prepared from liquid concentrate, made with baby water	74		51301610	Bread, pita, whole wheat, toasted	440
11710657	Enfamil LIPIL, infant formula, prepared	74		51301620	Bread, pita, wheat or cracked wheat	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	from powder, made with tap water					
11710658	Enfamil LIPIL, infant formula, prepared from powder, made with plain bottled water	74		51301630	Bread, pita, wheat or cracked wheat, toasted	440
11710659	Enfamil LIPIL, infant formula, prepared from powder, made with baby water	74		51301700	Bagel, wheat	440
11710660	Enfamil A.R. Lipil, infant formula, NS as to form	74		51301750	Bagel, whole wheat	440
11710664	Enfamil A.R. LIPIL, infant formula, prepared from powder, made with tap water	74		51301800	Bagel, wheat, with raisins	440
11710669	Enfamil A.R. LIPIL, infant formula, prepared from powder, made with baby water	74		51301805	Bagel, whole wheat, with raisins	440
11710671	Enfamil Gentlease LIPIL, infant formula, ready-to-feed	74		51301820	Bagel, wheat, with fruit and nuts	440
11710675	Enfamil EnfaCare LIPIL, infant formula, prepared from powder, made with plain bottled water	74		51301900	Bagel, wheat bran	440
11710677	Enfamil Gentlease LIPIL, infant formula, prepared from powder, made with tap water	74		51302500	Muffin, English, wheat bran	440
11710678	Enfamil Gentlease LIPIL, infant formula, prepared from powder, made	74		51303010	Muffin, English, wheat or cracked wheat	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	with plain bottled water					
11710679	Enfamil Gentlease LIPIL, infant formula, prepared from powder, made with baby water	74		51303030	Muffin, English, whole wheat	440
11710681	Enfamil Enfagrow PREMIUM Next Step LIPIL, infant formula, ready-to-feed	74		51303050	Muffin, English, wheat or cracked wheat, with raisins	440
11710687	Enfamil Enfagrow PREMIUM Next Step LIPIL, infant formula, prepared from powder, made with tap water	74		51303070	Muffin, English, whole wheat, with raisins	440
11710688	Enfamil Enfagrow PREMIUM Next Step LIPIL, infant formula, prepared from powder, made with plain bottled water	74		51303100	Muffin, English, whole grain white	440
11710689	Enfamil Enfagrow PREMIUM Next Step LIPIL, infant formula, prepared from powder, made with baby water	74		51320010	Roll, wheat or cracked wheat	440
11710697	Enfamil Gentlease Next Step LIPIL, infant formula, prepared from powder, made with tap water	74		51320040	Roll, wheat or cracked wheat, made from home recipe or purchased at bakery	440
11710699	Enfamil Gentlease Next Step LIPIL, infant formula, prepared from powder, made with baby water	74		51320060	Roll, wheat or cracked wheat, hot dog bun	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710800	Pediasure, infant formula, NS as to form	208	51320070	Roll, wheat or cracked wheat, hamburger bun	440
11710801	Pediasure, infant formula, ready-to-feed	208	51320500	Roll, whole wheat	440
11710805	Pediasure Fiber, infant formula, NS as to form	208	51320550	Roll, whole wheat, hot dog bun	440
11710806	Pediasure Fiber, infant formula, ready-to-feed	208	51320560	Roll, whole wheat, hamburger bun	440
11710910	Gerber Good Start Gentle Plus, infant formula, NS as to form	74	51320700	Roll, whole grain white	440
11710911	Gerber Good Start Gentle Plus, infant formula, ready-to-feed	74	51320710	Roll, whole grain white, hot dog bun	440
11710913	Gerber Good Start Gentle Plus, infant formula, prepared from powder, made with water, NFS	74	51320720	Roll, whole grain white, hamburger bun	440
11710916	Gerber Good Start Gentle Plus, infant formula, prepared from liquid concentrate, made with baby water	74	51401010	Bread, rye	440
11710917	Gerber Good Start Gentle Plus, infant formula, prepared from powder, made with tap water	74	51401020	Bread, rye, toasted	440
11710918	Gerber Good Start Gentle Plus, infant formula, prepared from powder, made with plain bottled water	74	51401030	Bread, marble rye and pumpernickel	440
11710919	Gerber Good Start Gentle Plus, infant	74	51401040	Bread, marble rye and pumpernickel, toasted	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	formula, prepared from powder, made with baby water					
11710920	Gerber Good Start Protect Plus, infant formula, NS as to form	74		51404010	Bread, pumpernickel	440
11710927	Gerber Good Start Protect Plus, infant formula, prepared from powder, made with tap water	74		51404020	Bread, pumpernickel, toasted	440
11710928	Gerber Good Start Protect Plus, infant formula, prepared from powder, made with plain bottled water	74		51404500	Bagel, pumpernickel	440
11710929	Gerber Good Start Protect Plus, infant formula, prepared from powder, made with baby water	74		51407010	Bread, black	440
11710937	Gerber Good Start 2 Gentle Plus, infant formula, prepared from powder, made with tap water	74		51407020	Bread, black, toasted	440
11710938	Gerber Good Start 2 Gentle Plus, infant formula, prepared from powder, made with plain bottled water	74		51420000	Roll, rye	440
11710949	Gerber Good Start 2 Protect Plus, infant formula, prepared from powder, made with baby water	74		51421000	Roll, pumpernickel	440
11710963	America's Store Brand, infant formula, ready-to-feed	74		51501010	Bread, oatmeal	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11710964	America's Store Brand, infant formula, prepared from liquid concentrate, made with tap water	74		51501020	Bread, oatmeal, toasted	440
11710966	America's Store Brand, infant formula, prepared from liquid concentrate, made with baby water	74		51501040	Bread, oat bran	440
11710967	America's Store Brand, infant formula, prepared from powder, made with tap water	74		51501050	Bread, oat bran, toasted	440
11710968	America's Store Brand, infant formula, prepared from powder, made with plain bottled water	74		51501080	Bagel, oat bran	440
11710969	America's Store Brand, infant formula, prepared from powder, made with baby water	74		51502010	Roll, oatmeal	440
11720316	Enfamil ProSobee LIPIL, infant formula, prepared from liquid concentrate, made with baby water	74		51601010	Bread, multigrain, toasted	440
11720317	Enfamil ProSobee LIPIL, infant formula, prepared from powder, made with tap water	74		51601020	Bread, multigrain	440
11720318	Enfamil ProSobee LIPIL, infant formula, prepared from powder, made	74		51601210	Bread, multigrain, with raisins	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	with plain bottled water					
11720319	Enfamil ProSobee LIPIIL, infant formula, prepared from powder, made with baby water	74		51602010	Bread, multigrain, reduced calorie and/or high fiber	440
11720328	Enfamil Enfagrow Soy Next Step LIPIIL, infant formula, prepared from powder, made with plain bottled water	74		51620000	Roll, multigrain	440
11720329	Enfamil Enfagrow Soy Next Step LIPIIL, infant formula, prepared from powder, made with baby water	74		51620020	Roll, multigrain, hot dog bun	440
11720414	Similac Sensitive Isomil Soy, infant formula, prepared from liquid concentrate, made with tap water	74		51620030	Roll, multigrain, hamburger bun	440
11720416	Similac Sensitive Isomil Soy, infant formula, prepared from liquid concentrate, made with baby water	74		51630000	Bagel, multigrain	440
11720417	Similac Sensitive Isomil Soy, infant formula, prepared from powder, made with tap water	74		51630100	Bagel, multigrain, with raisins	440
11720418	Similac Sensitive Isomil Soy, infant formula, prepared from powder, made with plain bottled water	74		51630200	Muffin, English, multigrain	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11720419	Similac Sensitive Isomil Soy, infant formula, prepared from powder, made with baby water	74		51805010	Bread, sunflower meal	440
11720430	Similac Expert Care for Diarrhea, infant formula, NS as to form	74		51806010	Bread, rice	440
11720431	Similac Expert Care for Diarrhea, infant formula, ready-to-feed	74		51806020	Bread, rice, toasted	440
11720615	Gerber Good Start Soy Plus, infant formula, prepared from liquid concentrate, made with plain bottled water	74		51807000	Injera (American-style Ethiopian bread)	440
11720617	Gerber Good Start Soy Plus, infant formula, prepared from powder, made with tap water	74		51808000	Bread, gluten free	440
11720618	Gerber Good Start Soy Plus, infant formula, prepared from powder, made with plain bottled water	74		51808010	Bread, gluten free, toasted	440
11720619	Gerber Good Start Soy Plus, infant formula, prepared from powder, made with baby water	74		51808100	Roll, gluten free	440
11720628	Gerber Good Start 2 Soy Plus, infant formula, prepared from powder, made with plain bottled water	74		52101000	Biscuit, baking powder or buttermilk type, NS as to made from mix, refrigerated dough, or home recipe	440
11720629	Gerber Good Start 2 Soy Plus, infant	74		52101030	Biscuit dough, fried	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	formula, prepared from powder, made with baby water					
11720807	America's Store Brand Soy, infant formula, prepared from powder, made with tap water	74		52101040	Crumpet	440
11720808	America's Store Brand Soy, infant formula, prepared from powder, made with plain bottled water	74		52101100	Biscuit, baking powder or buttermilk type, made from mix	440
11740311	Enfamil Nutramigen LIPIIL, infant formula, ready-to-feed	74		52102040	Biscuit, baking powder or buttermilk type, made from refrigerated dough	440
11740317	Enfamil Nutramigen LIPIIL, infant formula, prepared from powder, made with tap water	74		52103000	Biscuit, baking powder or buttermilk type, commercially baked	440
11740318	Enfamil Nutramigen LIPIIL, infant formula, prepared from powder, made with plain bottled water	74		52104010	Biscuit, baking powder or buttermilk type, made from home recipe	440
11740319	Enfamil Nutramigen LIPIIL, infant formula, prepared from powder, made with baby water	74		52104040	Biscuit, whole wheat	440
11740329	Enfamil Nutramigen AA LIPIIL, infant formula, prepared from powder, made with baby water	74		52104100	Biscuit, cheese	440
11740400	Enfamil Pregestimil LIPIIL, infant formula, NS as to form	74		52104200	Biscuit, cinnamon-raisin	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
11740403	Enfamil Pregestimil LIPIL, infant formula, prepared from powder, made with water, NFS	74		52105100	Scone	440
11740407	Enfamil Pregestimil LIPIL, infant formula, prepared from powder, made with tap water	74		52105200	Scone, with fruit	440
11740520	Enfamil Premature LIPIL 20, with iron, infant formula, NS as to form	156		52201000	Cornbread, prepared from mix	440
11810000	Milk, dry, not reconstituted, NS as to fat content	880		52202060	Cornbread, made from home recipe	440
11811000	Milk, dry, not reconstituted, whole	880		52204000	Cornbread stuffing	440
11812000	Milk, dry, not reconstituted, low fat (1%)	880		52206010	Cornbread muffin, stick, round	440
11813000	Milk, dry, not reconstituted, fat free (skim)	880		52206060	Cornbread muffin, stick, round, made from home recipe	440
11830140	Chocolate, instant, dry mix, fortified with vitamins and minerals, not reconstituted, Puerto Rican style	952		52208010	Corn pone, baked	440
11830210	Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate	1667		52208760	Gordita/sope shell, plain, no filling	440
11830260	Milk, malted, dry mix, not reconstituted	1667		52209010	Hush puppy	440
12100100	Cream, NS as to light, heavy, or half and half	84		52215000	Tortilla, NFS	440
12110100	Cream, light, fluid	84		52215100	Tortilla, corn	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
12110300	Cream, light, whipped, unsweetened	84		52215200	Tortilla, flour (wheat)	440
12120100	Cream, half and half	84		52215260	Tortilla, whole wheat	440
12120105	Cream, half and half, low fat	84		52215300	Taco shell, corn	440
12120110	Cream, half and half, fat free	84		52215350	Taco shell, flour	440
12130100	Cream, heavy, fluid	84		52220110	Cornmeal bread, Dominican style (Arepa Dominicana)	440
12130200	Cream, heavy, whipped, unsweetened	84		52301000	Muffin, NFS	440
12140000	Cream, heavy, whipped, sweetened	60		52302010	Muffin, fruit	440
12140100	Cream, whipped, pressurized container	16		52302020	Muffin, fruit, low fat	440
12140105	Cream, whipped, pressurized container, light	16		52302500	Muffin, chocolate chip	440
12220300	Whipped cream substitute, nondairy, made from powdered mix	36		52302600	Muffin, chocolate	440
12310100	Sour cream	16		52303010	Muffin, whole wheat	440
12310300	Sour cream, reduced fat	12		52304000	Muffin, whole grain	440
12310350	Sour cream, light	8		52304010	Muffin, wheat bran	440
12350000	Dip, sour cream base	16		52304040	Muffin, bran with fruit, lowfat	440
12350020	Dip, sour cream base, reduced calorie	8		52304100	Muffin, oatmeal	440
12350100	Spinach dip	8		52304150	Muffin, oat bran	440
12350110	Spinach and artichoke dip	4		52306010	Muffin, plain	440
13110000	Ice cream, NFS	8		52306300	Muffin, cheese	440
13110100	Ice cream, regular, flavors other than chocolate	8		52306500	Muffin, pumpkin	440
13110110	Ice cream, regular, chocolate	8		52306550	Muffin, zucchini	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13110120	Ice cream, rich, flavors other than chocolate	12		52306700	Muffin, carrot	440
13110130	Ice cream, rich, chocolate	12		52311010	Popover	68
13110200	Ice cream, soft serve, flavors other than chocolate	8		52403000	Bread, nut	440
13110210	Ice cream, soft serve, chocolate	28		52404060	Bread, pumpkin	440
13110220	Ice cream, soft serve, NS as to flavor	8		52405010	Bread, fruit	440
13110310	Ice cream, no sugar added, NS as to flavor	8		52407000	Bread, zucchini	440
13110320	Ice cream, no sugar added, flavors other than chocolate	8		52408000	Bread, Irish soda	440
13110330	Ice cream, no sugar added, chocolate	8		53100050	Cake batter, raw, chocolate	12
13120050	Ice cream bar or stick, not chocolate covered or cake covered	8		53100070	Cake batter, raw, not chocolate	12
13120100	Ice cream bar or stick, chocolate covered	8		53100100	Cake or cupcake, NS as to type	20
13120110	Ice cream bar or stick, chocolate or caramel covered, with nuts	8		53101100	Cake, angel food, without icing or filling	97
13120120	Ice cream bar or stick, rich chocolate ice cream, thick chocolate covering	8		53101200	Cake, angel food, with icing or filling	79
13120121	Ice cream bar or stick, rich ice cream, thick chocolate covering	8		53101250	Cake, angel food, with fruit and icing or filling	4
13120130	Ice cream bar or stick, rich ice cream, chocolate covered, with nuts	8		53102100	Cake or cupcake, applesauce, without icing or filling	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13120140	Ice cream bar or stick, chocolate ice cream, chocolate covered	8		53102200	Cake or cupcake, applesauce, with icing or filling	12
13120300	Ice cream bar, cake covered	12		53102600	Cake or cupcake, banana, without icing or filling	12
13120310	Ice cream bar, stick or nugget, with crunch coating	8		53102700	Cake or cupcake, banana, with icing or filling	12
13120400	Ice cream bar or stick with fruit	8		53102800	Cake or cupcake, black forest (chocolate-cherry)	12
13120500	Ice cream sandwich	8		53103000	Cake, Boston cream pie	4
13120550	Ice cream cookie sandwich	8		53104100	Cake or cupcake, carrot, without icing or filling	8
13120700	Ice cream cone with nuts, flavors other than chocolate	8		53104260	Cake or cupcake, carrot, with icing or filling	12
13120710	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	8		53104400	Cake or cupcake, coconut, with icing or filling	8
13120720	Ice cream cone, chocolate covered or dipped, flavors other than chocolate	8		53104500	Cheesecake	20
13120730	Ice cream cone, no topping, flavors other than chocolate	8		53104550	Cheesecake with fruit	12
13120750	Ice cream cone with nuts, chocolate ice cream	8		53104600	Cheesecake, chocolate	20
13120760	Ice cream cone, chocolate covered or dipped, chocolate ice cream	8		53105275	Cake or cupcake, chocolate, devil's food or fudge, without icing or filling	16
13120770	Ice cream cone, no topping, chocolate ice cream	8		53105300	Cake or cupcake, German chocolate, with icing or filling	4
13120780	Ice cream cone, chocolate covered, with nuts, chocolate ice cream	8		53105500	Cake, chocolate, with icing, diet	8
13120790	Ice cream sundae cone	8		53106500	Cake, cream, without icing or topping	16

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13120800	Ice cream soda, flavors other than chocolate	8		53108220	Snack cake, chocolate, with icing or filling, reduced fat and calories	8
13120810	Ice cream soda, chocolate	8		53109200	Snack cake, not chocolate, with icing or filling	4
13121000	Ice cream sundae, NS as to topping, with whipped cream	8		53109220	Snack cake, not chocolate, with icing or filling, reduced fat and calories	12
13121100	Ice cream sundae, fruit topping, with whipped cream	8		53111000	Cake or cupcake, gingerbread	8
13121300	Ice cream sundae, chocolate or fudge topping, with whipped cream	8		53112000	Cake, ice cream and cake roll, chocolate	12
13122100	Ice cream pie, no crust	16		53112100	Cake, ice cream and cake roll, not chocolate	16
13122500	Ice cream pie, with cookie crust, fudge topping, and whipped cream	4		53113000	Cake, jelly roll	99
13127000	Dippin' Dots, flash frozen ice cream snacks, flavors other than chocolate	8		53114000	Cake or cupcake, lemon, without icing or filling	16
13130300	Light ice cream, flavors other than chocolate (formerly ice milk)	8		53114100	Cake or cupcake, lemon, with icing or filling	16
13130310	Light ice cream, chocolate (formerly ice milk)	8		53115100	Cake or cupcake, marble, without icing or filling	16
13130330	Light ice cream, no sugar added, flavors other than chocolate	8		53115200	Cake or cupcake, marble, with icing or filling	12
13130340	Light ice cream, no sugar added, chocolate	8		53115310	Cake or cupcake, nut, without icing or filling	16
13130600	Light ice cream, soft serve, flavors other than chocolate (formerly ice milk)	8		53115320	Cake or cupcake, nut, with icing or filling	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13130610	Light ice cream, soft serve, chocolate (formerly ice milk)	28		53115410	Cake or cupcake, oatmeal	8
13130620	Light ice cream, soft serve cone, flavors other than chocolate (formerly ice milk)	8		53115450	Cake or cupcake, peanut butter	8
13130630	Light ice cream, soft serve cone, chocolate (formerly ice milk)	8		53116000	Cake, pound, without icing or filling	66
13130700	Light ice cream, soft serve, blended with candy or cookies	8		53116020	Cake, pound, with icing or filling	53
13135000	Ice cream sandwich, made with light ice cream, flavors other than chocolate	8		53116270	Cake, pound, chocolate	32
13135010	Ice cream sandwich, made with light chocolate ice cream	8		53116500	Cake or cupcake, pumpkin, without icing or filling	8
13136000	Ice cream sandwich, made with light, no sugar added ice cream	8		53116510	Cake or cupcake, pumpkin, with icing or filling	12
13140100	Light ice cream, bar or stick, chocolate-coated (formerly ice milk)	8		53116550	Cake or cupcake, raisin-nut	12
13140110	Light ice cream, bar or stick, chocolate covered, with nuts (formerly ice milk)	8		53117100	Cake or cupcake, spice, without icing or filling	8
13140500	Light ice cream, cone, flavors other than chocolate (formerly ice milk)	8		53117200	Cake or cupcake, spice, with icing or filling	12
13140575	Light ice cream, no sugar added, cone, flavors other than chocolate	8		53118100	Cake, sponge, without icing or filling	12
13140580	Light ice cream, no sugar added, cone, chocolate	8		53118200	Cake, sponge, with icing or filling	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13140660	Light ice cream, sundae, soft serve, chocolate or fudge topping (without whipped cream) (formerly ice milk)	8	53118410	Rum cake, without icing (Sopa Borracha)	32
13140680	Light ice cream, sundae, soft serve, not fruit or chocolate topping (without whipped cream) (formerly ice milk)	8	53118500	Cake, torte	20
13140700	Light ice cream, creamsicle or dreamsicle (formerly ice milk)	8	53118550	Cake, tres leche	36
13140900	Light ice cream, fudgesicle (formerly ice milk)	8	53119000	Cake, upside down (all fruits)	16
13142000	Milk dessert bar or stick, frozen, with coconut	8	53120270	Cake or cupcake, white, with icing or filling	16
13150000	Sherbet, all flavors	8	53121270	Cake or cupcake, yellow, with icing or filling	8
13160160	Fat free ice cream, no sugar added, flavors other than chocolate	8	53121275	Cake or cupcake, yellow, without icing or filling	16
13160400	Fat free ice cream, flavors other than chocolate	8	53122070	Cake, shortcake, biscuit type, with whipped cream and fruit	16
13160410	Fat free ice cream, chocolate	8	53122080	Cake, shortcake, biscuit type, with fruit	16
13161000	Milk dessert bar, frozen, made from lowfat milk	8	53123070	Cake, shortcake, sponge type, with whipped cream and fruit	12
13161500	Milk dessert sandwich bar, frozen, made from lowfat milk	8	53123080	Cake, shortcake, sponge type, with fruit	51
13161600	Milk dessert bar, frozen, made from lowfat milk and low calorie sweetener	8	53123500	Cake, shortcake, with whipped topping and fruit, diet	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
13161630	Light ice cream, bar or stick, with low-calorie sweetener, chocolate-coated (formerly ice milk)	8		53124110	Cake or cupcake, zucchini	16
13170000	Baked Alaska	12		53200100	Cookie, batter or dough, raw	8
13200110	Pudding, NFS	40		53201000	Cookie, NFS	4
13210110	Pudding, bread	44		53202000	Cookie, almond	4
13210180	Pudding, Mexican bread (Capirotada)	4		53203500	Cookie, biscotti (Italian sugar cookie)	8
13210220	Pudding, chocolate, NS as to from dry mix or ready-to-eat	20		53204000	Cookie, brownie, NS as to icing	4
13210250	Pudding, chocolate, low calorie, containing artificial sweetener, NS as to from dry mix or ready-to-eat	24		53204010	Cookie, brownie, without icing	4
13210270	Custard, Puerto Rican style (Maicena, Natilla)	72		53205250	Cookie, butterscotch, brownie	8
13210280	Pudding, flavors other than chocolate, NS as to from dry mix or ready-to-eat	20		53206020	Cookie, chocolate chip, made from home recipe or purchased at a bakery	16
13210290	Pudding, flavors other than chocolate, low calorie, containing artificial sweetener, NS as to from dry mix or ready-to-eat	24		53206500	Cookie, chocolate, made with rice cereal	16
13210300	Custard	56		53211000	Cookie bar, with chocolate, nuts, and graham crackers	8
13210350	Flan	89		53215500	Cookie, coconut	16
13210450	Pudding, rice flour, with nuts (Indian dessert)	40		53224000	Cookie, ladyfinger	131
13210500	Pudding, tapioca, made from home	52		53224250	Cookie, lemon bar	28

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	recipe, made with milk					
13210520	Pudding, tapioca, made from dry mix, made with milk	48		53225000	Cookie, macaroon	50
13210610	Pudding, coconut	40		53226500	Cookie, marshmallow, with rice cereal (no-bake)	36
13210750	Pudding, pumpkin	16		53226550	Cookie, marshmallow, with rice cereal and chocolate chips	52
13220110	Pudding, flavors other than chocolate, prepared from dry mix, milk added	44		53228000	Cookie, meringue	100
13220120	Pudding, chocolate, prepared from dry mix, milk added	40		53233060	Cookie, oatmeal, with chocolate chips	4
13220210	Pudding, flavors other than chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added	48		53234250	Cookie, peanut butter with rice cereal (no-bake)	40
13220220	Pudding, chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added	44		53235600	Cookie, Pfeffernusse	4
13241000	Pudding, with fruit and vanilla wafers	28		53236000	Cookie, pizzelle (Italian style wafer)	69
13250000	Mousse, chocolate	60		53236100	Cookie, pumpkin	4
13250100	Mousse, not chocolate	28		53237500	Cookie, rum ball (no-bake)	4
13252200	Milk dessert or milk candy, Puerto Rican style (Dulce de leche)	60		53239000	Cookie, shortbread	4
13252500	Barfi or Burfi, Indian dessert, made from milk and/or cream	8		53239050	Cookie, shortbread, with icing or filling	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	and/or Ricotta cheese					
13252600	Tiramisu	24		53241500	Cookie, butter or sugar	8
13311000	Custard pudding, baby food, flavor other than chocolate, strained	20		53241600	Cookie, butter or sugar, with fruit and/or nuts	12
13411000	White sauce, milk sauce	52		53244010	Cookie, butter or sugar, with chocolate icing or filling	4
13412000	Milk gravy, quick gravy	56		53244020	Cookie, butter or sugar, with icing or filling other than chocolate	20
14010000	Cheese, NFS	270		53251100	Cookie, rugelach	20
14101010	Cheese, Blue or Roquefort	270		53270100	Cookies, Puerto Rican (Mantecaditos polvorones)	24
14102010	Cheese, Brick	270		53305700	Pie, lemon (not cream or meringue)	16
14103010	Cheese, Camembert	270		53305720	Pie, lemon (not cream or meringue), individual size or tart	12
14103020	Cheese, Brie	270		53341000	Pie, banana cream	32
14104100	Cheese, Cheddar	270		53341070	Pie, banana cream, individual size or tart	28
14104110	Cheese, Cheddar, reduced fat	270		53341500	Pie, buttermilk	12
14104115	Cheese, Cheddar, nonfat or fat free	270		53341750	Pie, chess	63
14104200	Cheese, Colby	270		53342000	Pie, chocolate cream	4
14104250	Cheese, Colby Jack	270		53342070	Pie, chocolate cream, individual size or tart	8
14104400	Cheese, Feta	270		53343000	Pie, coconut cream	8
14104600	Cheese, Fontina	270		53343070	Pie, coconut cream, individual size or tart	12
14104700	Cheese, goat	270		53344000	Pie, custard	32
14105010	Cheese, Gouda or Edam	270		53344070	Pie, custard, individual size or tart	12
14105200	Cheese, Gruyere	270		53344200	Mixed fruit tart filled with custard or cream cheese	24
14106200	Cheese, Monterey	270		53344300	Dessert pizza	8
14106500	Cheese, Monterey, reduced fat	270		53345000	Pie, lemon cream	12
14107010	Cheese, Mozzarella, NFS	270		53345070	Pie, lemon cream, individual size or tart	12

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
14107020	Cheese, Mozzarella, whole milk	270	53346000	Pie, peanut butter cream	36
14107030	Cheese, Mozzarella, part skim	270	53347000	Pie, pumpkin	4
14107040	Cheese, Mozzarella, reduced sodium	270	53347600	Pie, squash	28
14107060	Cheese, Mozzarella, nonfat or fat free	270	53348000	Pie, strawberry cream	12
14107200	Cheese, Muenster	270	53360000	Pie, sweet potato	24
14107250	Cheese, Muenster, reduced fat	270	53365000	Pie, vanilla cream	48
14108010	Cheese, Parmesan, dry grated	20	53366000	Pie, yogurt, frozen	4
14108015	Cheese, Parmesan, dry grated, reduced fat	16	53381000	Pie, lemon meringue	8
14108020	Cheese, Parmesan, hard	20	53381070	Pie, lemon meringue, individual size or tart	8
14108060	Cheese, Parmesan, dry grated, fat free	20	53382000	Pie, chocolate-marshmallow	20
14108400	Cheese, Provolone	270	53385000	Pie, pecan	4
14108420	Cheese, provolone, reduced fat	270	53385500	Pie, oatmeal	20
14109010	Cheese, Swiss	270	53387000	Pie, Toll house chocolate chip	8
14109020	Cheese, Swiss, reduced sodium	270	53391000	Pie shell	18
14109030	Cheese, Swiss, reduced fat	270	53400200	Blintz, cheese-filled	16
14109040	Cheese, Swiss, nonfat or fat free	270	53410860	Cobbler, pineapple	4
14110010	Cheese, Cheddar, reduced sodium	270	53415100	Crisp, apple, apple dessert	4
14120010	Cheese, Mexican blend	270	53415120	Fritter, apple	32
14120020	Cheese, Mexican blend, reduced fat	270	53415200	Fritter, banana	24
14131000	Queso Anejo (aged Mexican cheese)	270	53415400	Crisp, cherry	4
14131500	Queso Asadero	270	53415500	Crisp, peach	4
14133000	Queso Fresco	270	53420100	Cream puff, eclair, custard or cream filled, not iced	68
14134000	Queso cotija	20	53420200	Cream puff, eclair, custard or cream filled, iced	63

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
14200100	Cheese, cottage, NFS	4		53420300	Air filled fritter or fried puff, without syrup, Puerto Rican style (Bunuelos de viento)	62
14201010	Cheese, cottage, creamed, large or small curd	4		53420310	Wheat flour fritter, without syrup	68
14201200	Cottage cheese, farmer's	8		53430100	Crepe, dessert type, chocolate-filled	52
14201500	Cheese, Ricotta	8		53430200	Crepe, dessert type, fruit-filled	32
14203510	Puerto Rican white cheese (queso del pais, blanco)	8		53440300	Strudel, berry	4
14301010	Cheese, cream	24		53440500	Strudel, cherry	4
14303010	Cheese, cream, light or lite (formerly called Cream Cheese Lowfat)	270		53440600	Strudel, cheese	12
14410100	Cheese, American and Swiss blends	300		53441110	Baklava	12
14410110	Cheese, American	280		53441210	Basbousa (semolina dessert dish)	8
14410120	Cheese, American, reduced fat	270		53450800	Turnover or dumpling, lemon	12
14410130	Cheese, American, nonfat or fat free	270		53452100	Pastry, fruit-filled	4
14410210	Cheese, American, reduced sodium	270		53452120	Pastry, Asian, made with bean or lotus seed paste filling (baked)	8
14410330	Cheese spread, American or Cheddar cheese base, reduced fat	270		53452170	Pastry, cookie type, fried	40
14410380	Cheese, processed cream cheese product, nonfat or fat free	270		53452200	Pastry, Italian, with cheese	8
14410500	Cheese, processed cheese food	270		53452420	Pastry, puff, custard or cream filled, iced or not iced	24
14410600	Cheese, processed, with vegetables	270		53452450	Cheese pastry puffs	32

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14420100	Cheese spread, American or Cheddar cheese base	270		53453170	Empanada, Mexican turnover, pumpkin	4
14420160	Cheese spread, Swiss cheese base	270		53510000	Danish pastry, plain or spice	440
14420200	Cheese spread, cream cheese, regular	270		53510100	Danish pastry, with fruit	440
14420210	Cheese spread, cream cheese, light or lite	270		53511000	Danish pastry, with cheese	440
14502000	Imitation cheese	297		53520000	Doughnut, NS as to cake or yeast	440
14610520	Cheese with nuts	20		53520110	Doughnut, cake type	440
14620100	Dip, cream cheese base	20		53520120	Doughnut, chocolate, cake type	440
14620120	Shrimp dip, cream cheese base	12		53520140	Doughnut, cake type, chocolate covered	440
14620150	Dip, cheese with chili pepper (chili con queso)	12		53520150	Doughnut, cake type, chocolate covered, dipped in peanuts	440
14620200	Dip, cheese base other than cream cheese	16		53520160	Doughnut, chocolate, cake type, with chocolate icing	440
14620300	Topping from cheese pizza	12		53521100	Doughnut, chocolate, raised or yeast, with chocolate icing	440
14620310	Topping from vegetable pizza	8		53521110	Doughnut, raised or yeast	440
14620320	Topping from meat pizza	28		53521120	Doughnut, chocolate, raised or yeast	440
14620330	Topping from meat and vegetable pizza	24		53521130	Doughnut, raised or yeast, chocolate covered	440
14630100	Cheese fondue	74		53521140	Doughnut, jelly	440
14630200	Cheese souffle	110		53521210	Doughnut, custard-filled	440
14640000	Cheese sandwich	88		53521230	Doughnut, custard-filled, with icing	440
14640100	Cheese sandwich, grilled	160		53610100	Coffee cake, crumb or quick-bread type	52
14650100	Cheese sauce	48		53610170	Coffee cake, crumb or quick-bread type, with fruit	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
14650150	Cheese sauce made with lowfat cheese	40		53610200	Coffee cake, crumb or quick-bread type, cheese-filled	24
14650160	Alfredo sauce	40		53710400	Fiber One Chewy Bar	400
14660200	Mozzarella sticks, breaded, baked, or fried	16		53710500	Kellogg's Nutri-Grain Cereal Bar	400
14670000	Mozzarella cheese, tomato, and basil, with oil and vinegar dressing	4		53710502	Kellogg's Nutri-Grain Yogurt Bar	400
14710100	Cheddar cheese soup, home recipe, canned or ready-to-serve	45		53710504	Kellogg's Nutri-Grain Fruit and Nut Bar	400
14710200	Beer cheese soup, made with milk	45		53710600	Milk 'n Cereal bar	400
20000000	Meat, NFS	47		53710700	Kellogg's Special K bar	400
20000090	Meat sticks, baby food, NS as to type of meat	13		53710800	Kashi GOLEAN Chewy Bars	400
20000200	Ground meat, NFS	47		53710802	Kashi TLC Chewy Granola Bar	400
21000100	Beef, NS as to cut, cooked, NS as to fat eaten	48		53710804	Kashi GOLEAN Crunchy Bars	400
21000110	Beef, NS as to cut, cooked, lean and fat eaten	48		53710806	Kashi TLC Crunchy Granola Bar	400
21000120	Beef, NS as to cut, cooked, lean only eaten	53		53710900	Nature Valley Chewy Trail Mix Granola Bar	400
21001000	Steak, NS as to type of meat, cooked, NS as to fat eaten	50		53710902	Nature Valley Chewy Granola Bar with Yogurt Coating	400
21001010	Steak, NS as to type of meat, cooked, lean and fat eaten	49		53710904	Nature Valley Sweet and Salty Granola Bar	400
21001020	Steak, NS as to type of meat, cooked, lean only eaten	54		53710906	Nature Valley Crunchy Granola Bar	400
21002000	Beef, pickled	47		53711000	Quaker Chewy Granola Bar	400

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
21003000	Beef, NS as to cut, fried, NS to fat eaten	48	53711002	Quaker Chewy 90 Calorie Granola Bar	400
21101000	Beef steak, NS as to cooking method, NS as to fat eaten	50	53711004	Quaker Chewy 25% Less Sugar Granola Bar	400
21101010	Beef steak, NS as to cooking method, lean and fat eaten	50	53711006	Quaker Chewy Dipps Granola Bar	400
21101020	Beef steak, NS as to cooking method, lean only eaten	54	53712000	Snack bar, oatmeal	400
21101110	Beef steak, broiled or baked, NS as to fat eaten	50	53712100	Granola bar, NFS	400
21101120	Beef steak, broiled or baked, lean and fat eaten	50	53712200	Granola bar, lowfat, NFS	400
21101130	Beef steak, broiled or baked, lean only eaten	54	53712210	Granola bar, nonfat	400
21102110	Beef steak, fried, NS as to fat eaten	49	53713100	Granola bar, peanuts, oats, sugar, wheat germ	400
21102120	Beef steak, fried, lean and fat eaten	49	53714200	Granola bar, chocolate-coated, NFS	400
21102130	Beef steak, fried, lean only eaten	53	53714210	Granola bar, with coconut, chocolate-coated	400
21103110	Beef steak, breaded or floured, baked or fried, NS as to fat eaten	36	53714220	Granola bar with nuts, chocolate-coated	400
21103120	Beef steak, breaded or floured, baked or fried, lean and fat eaten	36	53714230	Granola bar, oats, nuts, coated with non-chocolate coating	400
21103130	Beef steak, breaded or floured, baked or fried, lean only eaten	40	53714250	Granola bar, coated with non-chocolate coating	400
21104110	Beef steak, battered, fried, NS as to fat eaten	37	53714300	Granola bar, high fiber, coated with non-chocolate yogurt coating	400
21104120	Beef steak, battered, fried, lean and fat eaten	37	53714400	Granola bar, with rice cereal	400

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21104130	Beef steak, battered, fried, lean only eaten	41		53714500	Breakfast bar, NFS	400
21105110	Beef steak, braised, NS as to fat eaten	48		53714520	Breakfast bar, cereal crust with fruit filling, lowfat	400
21105120	Beef steak, braised, lean and fat eaten	48		53720100	Balance Original Bar	400
21105130	Beef steak, braised, lean only eaten	54		53720200	Clif Bar	400
21301000	Beef, oxtails, cooked	8		53720210	Clif Kids Organic Zbar	400
21302000	Beef, neck bones, cooked	12		53720300	PowerBar	400
21304000	Beef, shortribs, cooked, NS as to fat eaten	72		53720400	Slim Fast Original Meal Bar	400
21304110	Beef, shortribs, cooked, lean and fat eaten	72		53720500	Snickers Marathon Protein bar	400
21304120	Beef, shortribs, cooked, lean only eaten	48		53720600	South Beach Living Meal Bar	400
21304200	Beef, shortribs, barbecued, with sauce, NS as to fat eaten	54		53720610	South Beach Living High Protein Bar	400
21304210	Beef, shortribs, barbecued, with sauce, lean and fat eaten	54		53720700	Tiger's Milk bar	400
21304220	Beef, shortribs, barbecued, with sauce, lean only eaten	28		53720800	Zone Perfect Classic Crunch nutrition bar	400
21305000	Beef, cow head, cooked	12		53729000	Nutrition bar or meal replacement bar, NFS	400
21401000	Beef, roast, roasted, NS as to fat eaten	49		53803100	Cookie, baby food	48
21401110	Beef, roast, roasted, lean and fat eaten	49		53803250	Cookie, teething, baby	20
21401120	Beef, roast, roasted, lean only eaten	54		54202010	Crackers, saltine, low sodium	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
21407000	Beef, pot roast, braised or boiled, NS as to fat eaten	65	54205030	Cracker, cheese, low sodium	440
21407110	Beef, pot roast, braised or boiled, lean and fat eaten	65	54304000	Cracker, cheese	440
21407120	Beef, pot roast, braised or boiled, lean only eaten	52	54304100	Cracker, cheese, reduced fat	440
21410000	Beef, stew meat, cooked, NS as to fat eaten	65	54304150	Cracker, cheese, whole grain	4
21410120	Beef, stew meat, cooked, lean only eaten	52	54304500	Cracker, high fiber, no added fat	440
21416000	Corned beef, cooked, NS as to fat eaten	47	54313000	Crackers, oyster	440
21416110	Corned beef, cooked, lean and fat eaten	47	54325000	Crackers, saltine	440
21416120	Corned beef, cooked, lean only eaten	50	54325010	Crackers, saltine, fat free	440
21416150	Corned beef, canned, ready-to-eat	50	54325050	Crackers, saltine, whole wheat	440
21417100	Beef brisket, cooked, NS as to fat eaten	67	54327950	Crackers, cylindrical, peanut-butter filled	440
21417110	Beef brisket, cooked, lean and fat eaten	67	54360000	Crunchy snacks, corn based, baby food	4
21417120	Beef brisket, cooked, lean only eaten	52	54401050	Salty snacks, corn or cornmeal base, corn puffs and twists; corn-cheese puffs and twists	4
21420100	Beef, sandwich steak (flaked, formed, thinly sliced)	49	54402200	Salty snack mixture, mostly corn or cornmeal based, with pretzels, without nuts	440
21500100	Ground beef or patty, cooked, NS as to percent lean	48	54402700	Pita chips	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	(formerly NS as to regular, lean, or extra lean)					
21500200	Ground beef or patty, breaded, cooked	29		54403020	Popcorn, popped in oil, buttered	4
21500300	Ground beef patty, cooked (for fast food sandwiches)	48		54403040	Popcorn, air-popped, buttered	20
21501000	Ground beef, less than 80% lean, cooked (formerly regular)	65		54403050	Popcorn, flavored	4
21501200	Ground beef, 80% - 84% lean, cooked (formerly lean)	48		54408000	Pretzels, NFS	440
21501300	Ground beef, 85% - 89% lean, cooked (formerly extra lean)	50		54408010	Pretzels, hard	440
21501350	Ground beef, 90% - 94% lean, cooked	53		54408020	Pretzels, soft	440
21501360	Ground beef, 95% or more lean, cooked	56		54408030	Pretzel, hard, unsalted	440
21540100	Ground beef with textured vegetable protein, cooked	104		54408040	Pretzels, soft, unsalted	440
21601000	Beef, bacon, cooked	69		54408070	Pretzel, hard, multigrain	440
21601010	Beef, bacon, reduced sodium, cooked	40		54408200	Pretzel, hard, chocolate-coated	440
21602000	Beef, dried, chipped, uncooked	58		54408250	Pretzel, yogurt-covered	440
21602100	Beef jerky	51		54408300	Pretzels, cheese-filled	440
21603000	Beef, pastrami (beef, smoked, spiced)	66		54420010	Multigrain mixture, pretzels, cereal and/or crackers, nuts	440
21701010	Beef, baby food, strained	40		54420200	Multigrain mixture, bread sticks, sesame nuggets, pretzels, rye chips	440
22000100	Pork, NS as to cut, cooked, NS as to fat eaten	67		54440010	Bagel chip	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22000110	Pork, NS as to cut, cooked, lean and fat eaten	67		55101015	Pancakes, plain, reduced fat	4
22000120	Pork, NS as to cut, cooked, lean only eaten	73		55103000	Pancakes, with fruit	40
22000200	Pork, NS as to cut, fried, NS as to fat eaten	65		55103100	Pancakes, with chocolate chips	32
22000210	Pork, NS as to cut, fried, lean and fat eaten	65		55105000	Pancakes, buckwheat	40
22000220	Pork, NS as to cut, fried, lean only eaten	71		55105100	Pancakes, cornmeal	20
22000300	Pork, NS as to cut, breaded or floured, fried, NS as to fat eaten	45		55105200	Pancakes, whole wheat	40
22000310	Pork, NS as to cut, breaded or floured, fried, lean and fat eaten	45		55105205	Pancakes, whole wheat, reduced fat	44
22000320	Pork, NS as to cut, breaded or floured, fried, lean only eaten	45		55105210	Pancakes, whole wheat, fat free	44
22001000	Pork, pickled, NS as to cut	16		55203600	Waffle, chocolate chip	4
22002000	Pork, ground or patty, cooked	81		55205000	Waffle, whole wheat or whole grain	48
22002100	Pork, ground or patty, breaded, cooked	38		55207000	Waffle, multi-bran	61
22002800	Pork jerky	61		55211000	Waffle, plain, fat free	134
22101000	Pork chop, NS as to cooking method, NS as to fat eaten	69		55211050	Waffle, plain, lowfat	46
22101010	Pork chop, NS as to cooking method, lean and fat eaten	69		55301000	French toast, plain	440
22101020	Pork chop, NS as to cooking method, lean only eaten	73		55301050	French toast sticks, plain	440

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22101100	Pork chop, broiled or baked, NS as to fat eaten	70	55401000	Crepe, plain	83
22101110	Pork chop, broiled or baked, lean and fat eaten	70	55610200	Dumpling, fried, Puerto Rican style	16
22101120	Pork chop, broiled or baked, lean only eaten	73	55610300	Dumpling, plain	12
22101130	Pork chop, breaded or floured, broiled or baked, NS as to fat eaten	62	55801000	Funnel cake with sugar	44
22101140	Pork chop, breaded or floured, broiled or baked, lean and fat eaten	62	55801010	Funnel cake with sugar and fruit	32
22101150	Pork chop, breaded or floured, broiled or baked, lean only eaten	65	56101000	Macaroni, cooked, NS as to fat added in cooking	99
22101200	Pork chop, fried, NS as to fat eaten	67	56101010	Macaroni, cooked, fat not added in cooking	99
22101210	Pork chop, fried, lean and fat eaten	67	56101030	Macaroni, cooked, fat added in cooking	99
22101220	Pork chop, fried, lean only eaten	71	56102000	Macaroni, whole wheat, cooked, NS as to fat added in cooking	99
22101300	Pork chop, breaded or floured, fried, NS as to fat eaten	45	56102010	Macaroni, whole wheat, cooked, fat not added in cooking	99
22101310	Pork chop, breaded or floured, fried, lean and fat eaten	45	56102020	Macaroni, whole wheat, cooked, fat added in cooking	99
22101320	Pork chop, breaded or floured, fried, lean only eaten	47	56104000	Macaroni, cooked, vegetable, NS as to fat added in cooking	99
22101410	Pork chop, battered, fried, lean and fat eaten	53	56104010	Macaroni, cooked, vegetable, fat not added in cooking	99
22101420	Pork chop, battered, fried, lean only eaten	55	56104020	Macaroni, cooked, vegetable, fat added in cooking	99

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22101500	Pork chop, stewed, NS as to fat eaten	70	56112000	Noodles, cooked, NS as to fat added in cooking	99
22101510	Pork chop, stewed, lean and fat eaten	70	56112010	Noodles, cooked, fat not added in cooking	99
22101520	Pork chop, stewed, lean only eaten	73	56112030	Noodles, cooked, fat added in cooking	99
22107000	Pork chop, smoked or cured, cooked, NS as to fat eaten	81	56113000	Noodles, cooked, whole wheat, NS as to fat added in cooking	99
22107010	Pork chop, smoked or cured, cooked, lean and fat eaten	81	56113010	Noodles, cooked, whole wheat, fat not added in cooking	99
22107020	Pork chop, smoked or cured, cooked, lean only eaten	75	56113990	Noodles, cooked, spinach, NS as to fat added in cooking	99
22201010	Pork steak or cutlet, NS as to cooking method, lean and fat eaten	69	56114000	Noodles, cooked, spinach, fat not added in cooking	99
22201020	Pork steak or cutlet, NS as to cooking method, lean only eaten	70	56114020	Noodles, cooked, spinach, fat added in cooking	99
22201050	Pork steak or cutlet, battered, fried, NS as to fat eaten	52	56116000	Noodles, chow mein	99
22201060	Pork steak or cutlet, battered, fried, lean and fat eaten	55	56117000	Long rice noodles (made from mung beans), cooked, fat not added in cooking	99
22201100	Pork steak or cutlet, broiled or baked, NS as to fat eaten	70	56117010	Long rice noodles (made from mung beans), cooked, fat added in cooking	99
22201110	Pork steak or cutlet, broiled or baked, lean and fat eaten	70	56117090	Chow fun rice noodles, cooked, NS as to fat added in cooking	99
22201120	Pork steak or cutlet, broiled or baked, lean only eaten	72	56117100	Chow fun rice noodles, cooked, fat not added in cooking	99
22201210	Pork steak or cutlet, fried, lean and fat eaten	67	56117110	Chow fun rice noodles, cooked, fat added in cooking	99

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22201220	Pork steak or cutlet, fried, lean only eaten	71		56130000	Spaghetti, cooked, NS as to fat added in cooking	99
22201320	Pork steak or cutlet, breaded or floured, broiled or baked, lean only eaten	64		56130010	Spaghetti, cooked, fat not added in cooking	99
22201410	Pork steak or cutlet, breaded or floured, fried, lean and fat eaten	54		56131000	Spaghetti, cooked, fat added in cooking	99
22201420	Pork steak or cutlet, breaded or floured, fried, lean only eaten	55		56132990	Spaghetti, cooked, whole wheat, NS as to fat added in cooking	99
22210300	Pork, tenderloin, cooked, NS as to cooking method	77		56133000	Spaghetti, cooked, whole wheat, fat not added in cooking	99
22210310	Pork, tenderloin, breaded, fried	62		56133010	Spaghetti, cooked, whole wheat, fat added in cooking	99
22210350	Pork, tenderloin, braised	73		56200300	Cereal, cooked, NFS	560
22210400	Pork, tenderloin, baked	76		56200350	Cereal, cooked, instant, NS as to grain	560
22300120	Ham, fried, NS as to fat eaten	68		56200390	Barley, cooked, NS as to fat added in cooking	560
22300130	Ham, fried, lean and fat eaten	68		56200400	Barley, cooked, fat not added in cooking	560
22300140	Ham, fried, lean only eaten	72		56200500	Buckwheat groats, cooked, fat not added in cooking	560
22300160	Ham, breaded or floured, fried, lean and fat eaten	60		56200510	Buckwheat groats, cooked, fat added in cooking	560
22300170	Ham, breaded or floured, fried, lean only eaten	63		56200990	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, NS as to fat added in cooking	560
22311000	Ham, smoked or cured, cooked, NS as to fat eaten	74		56201000	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat not added in cooking	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22311010	Ham, smoked or cured, cooked, lean and fat eaten	74	56201010	Grits, cooked, corn or hominy, regular, fat not added in cooking	560
22311020	Ham, smoked or cured, cooked, lean only eaten	76	56201020	Grits, cooked, corn or hominy, regular, fat added in cooking	560
22311450	Ham, prosciutto	74	56201030	Grits, cooked, corn or hominy, regular, NS as to fat added in cooking	560
22311500	Ham, smoked or cured, canned, NS as to fat eaten	75	56201040	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat added in cooking	560
22400100	Pork roast, NS as to cut, cooked, NS as to fat eaten	69	56201060	Grits, cooked, corn or hominy, with cheese, NS as to regular, quick, or instant, NS as to fat added in cooking	560
22400110	Pork roast, NS as to cut, cooked, lean and fat eaten	69	56201070	Grits, cooked, corn or hominy, with cheese, regular, NS as to fat added in cooking	560
22400120	Pork roast, NS as to cut, cooked, lean only eaten	73	56201071	Grits, cooked, corn or hominy, with cheese, regular, fat not added in cooking	560
22401010	Pork roast, loin, cooked, lean and fat eaten	69	56201072	Grits, cooked, corn or hominy, with cheese, regular, fat added in cooking	560
22401020	Pork roast, loin, cooked, lean only eaten	73	56201082	Grits, cooked, corn or hominy, with cheese, quick, fat added in cooking	560
22411000	Pork roast, shoulder, cooked, NS as to fat eaten	81	56201091	Grits, cooked, corn or hominy, with cheese, instant, fat not added in cooking	560
22411010	Pork roast, shoulder, cooked, lean and fat eaten	81	56201092	Grits, cooked, corn or hominy, with cheese, instant, fat added in cooking	560
22411020	Pork roast, shoulder, cooked, lean only eaten	70	56201110	Grits, cooked, corn or hominy, quick, fat not added in cooking	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22421010	Pork roast, smoked or cured, cooked, lean and fat eaten	74	56201120	Grits, cooked, corn or hominy, quick, fat added in cooking	560
22421020	Pork roast, smoked or cured, cooked, lean only eaten	76	56201210	Grits, cooked, corn or hominy, instant, fat not added in cooking	560
22431000	Pork roll, cured, fried	77	56201220	Grits, cooked, corn or hominy, instant, fat added in cooking	560
22501010	Canadian bacon, cooked	73	56201230	Grits, cooked, corn or hominy, instant, NS as to fat added in cooking	560
22600100	Bacon, NS as to type of meat, cooked	16	56201298	Grits, cooked, corn or hominy, NS as to regular, quick, or instant, made with milk, fat not added in cooking	560
22600200	Pork bacon, NS as to fresh, smoked or cured, cooked	80	56201320	Grits, cooked, corn or hominy, regular, made with milk, fat added in cooking	560
22600210	Pork bacon, NS as to fresh, smoked or cured, reduced sodium, cooked	80	56201322	Grits, cooked, corn or hominy, regular, made with milk, fat not added in cooking	560
22601000	Pork bacon, smoked or cured, cooked	80	56201324	Grits, cooked, corn or hominy, regular, made with milk, NS as to fat added in cooking	560
22601040	Bacon or side pork, fresh, cooked	80	56201330	Grits, cooked, corn or hominy, quick, made with milk, fat added in cooking	560
22602010	Pork bacon, smoked or cured, reduced sodium, cooked	80	56201332	Grits, cooked, corn or hominy, quick, made with milk, fat not added in cooking	560
22621000	Salt pork, cooked	80	56201340	Grits, cooked, corn or hominy, instant, made with milk, fat added in cooking	560
22621100	Fat back, cooked	408	56201342	Grits, cooked, corn or hominy, instant, made with milk, fat not added in cooking	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
22701000	Pork, spareribs, cooked, NS as to fat eaten	104		56201510	Cornmeal mush, made with water	560
22701010	Pork, spareribs, cooked, lean and fat eaten	104		56201520	Cornmeal mush, fried	560
22701020	Pork, spareribs, cooked, lean only eaten	73		56201530	Cornmeal mush, made with milk	560
22701030	Pork, spareribs, barbecued, with sauce, NS as to fat eaten	76		56201540	Cornmeal, made with milk and sugar, Puerto Rican Style (Harina de maiz)	560
22701040	Pork, spareribs, barbecued, with sauce, lean and fat eaten	76		56201550	Cornmeal dumpling	560
22701050	Pork, spareribs, barbecued, with sauce, lean only eaten	47		56201700	Cornstarch with milk, eaten as a cereal (2 tbsp cornstarch in 2-1/2 cups milk)	560
22704010	Pork, cracklings, cooked	81		56202000	Millet, cooked, fat not added in cooking	560
22705010	Pork ears, tail, head, snout, miscellaneous parts, cooked	36		56202100	Millet, cooked, fat added in cooking	560
22706010	Pork, neck bones, cooked	40		56202900	Oatmeal, cooked, from fast food	560
22707010	Pork, pig's feet, cooked	80		56202960	Oatmeal, cooked, NS as to regular, quick or instant; NS as to fat added in cooking	560
22707020	Pork, pig's feet, pickled	80		56202980	Oatmeal, cooked, regular, NS as to fat added in cooking	560
22708010	Pork, pig's hocks, cooked	81		56203000	Oatmeal, cooked, NS as to regular, quick or instant, fat not added in cooking	560
22709010	Pork skin, rinds, deep-fried	76		56203010	Oatmeal, cooked, regular, fat not added in cooking	560
22709110	Pork skin, boiled	81		56203020	Oatmeal, cooked, quick (1 or 3 minutes), fat not added in cooking	560

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22810010	Ham, baby food, strained	53	56203030	Oatmeal, cooked, instant, fat not added in cooking	560
22820000	Meat stick, baby food	57	56203040	Oatmeal, cooked, NS as to regular, quick, or instant, fat added in cooking	560
23000100	Lamb, NS as to cut, cooked	4	56203050	Oatmeal, cooked, regular, fat added in cooking	560
23101000	Lamb chop, NS as to cut, cooked, NS as to fat eaten	4	56203060	Oatmeal, cooked, quick (1 or 3 minutes), fat added in cooking	560
23101010	Lamb chop, NS as to cut, cooked, lean and fat eaten	4	56203070	Oatmeal, cooked, instant, fat added in cooking	560
23101020	Lamb chop, NS as to cut, cooked, lean only eaten	4	56203080	Oatmeal, cooked, instant, NS as to fat added in cooking	560
23104010	Lamb, loin chop, cooked, lean and fat eaten	4	56203200	Oatmeal with fruit, cooked	560
23104020	Lamb, loin chop, cooked, lean only eaten	4	56203210	Oatmeal, NS as to regular, quick, or instant, made with milk, fat not added in cooking	560
23110000	Lamb, ribs, cooked, lean only eaten	4	56203211	Oatmeal, cooked, regular, made with milk, fat not added in cooking	560
23110050	Lamb, ribs, cooked, lean and fat eaten	4	56203212	Oatmeal, cooked, quick (1 or 3 minutes), made with milk, fat not added in cooking	560
23120100	Lamb, roast, cooked, NS as to fat eaten	4	56203213	Oatmeal, cooked, instant, made with milk, fat not added in cooking	560
23120110	Lamb, roast, cooked, lean and fat eaten	4	56203220	Oatmeal, NS as to regular, quick, or instant, made with milk, fat added in cooking	560
23120120	Lamb, roast, cooked, lean only eaten	4	56203221	Oatmeal, cooked, regular, made with milk, fat added in cooking	560
23132000	Lamb, ground or patty, cooked	4	56203222	Oatmeal, cooked, quick (1 or 3 minutes), made with milk, fat added in cooking	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
23200120	Veal, NS as to cut, cooked, lean only eaten	56	56203223	Oatmeal, cooked, instant, made with milk, fat added in cooking	560
23203020	Veal chop, fried, lean and fat eaten	44	56203230	Oatmeal, NS as to regular, quick, or instant, made with milk, NS as to fat added in cooking	560
23204010	Veal cutlet or steak, NS as to cooking method, NS as to fat eaten	55	56203231	Oatmeal, cooked, regular, made with milk, NS as to fat added in cooking	560
23205010	Veal cutlet or steak, fried, NS as to fat eaten	44	56203232	Oatmeal, cooked, quick (1 or 3 minutes), made with milk, NS as to fat added in cooking	560
23210030	Veal, roasted, lean only eaten	56	56203233	Oatmeal, cooked, instant, made with milk, NS as to fat added in cooking	560
23220030	Veal patty, breaded, cooked	72	56203540	Oatmeal, made with milk and sugar, Puerto Rican style	560
23321250	Venison/deer steak, breaded or floured, cooked, NS as to cooking method	8	56203610	Oatmeal, multigrain, cooked, fat not added in cooking	560
23321900	Venison/deer jerky	12	56204000	Quinoa, cooked, NS as to fat added in cooking	560
23322100	Deer bologna	28	56204005	Quinoa, cooked, fat not added in cooking	560
23326100	Bison, cooked	58	56204010	Quinoa, cooked, fat added in cooking	560
24100000	Chicken, NS as to part and cooking method, NS as to skin eaten	36	56205000	Rice, cooked, NFS	560
24100020	Chicken, NS as to part and cooking method, skin not eaten	47	56205002	Rice, white, cooked, fat added in cooking, made with oil	560
24102000	Chicken, NS as to part, roasted, broiled, or baked, NS as to skin eaten	36	56205004	Rice, white, cooked, fat added in cooking, made with butter	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
24102010	Chicken, NS as to part, roasted, broiled, or baked, skin eaten	36	56205006	Rice, white, cooked, fat added in cooking, made with margarine	560
24102020	Chicken, NS as to part, roasted, broiled, or baked, skin not eaten	47	56205008	Rice, white, cooked, fat not added in cooking	560
24103000	Chicken, NS as to part, stewed, NS as to skin eaten	36	56205012	Rice, brown, cooked, fat added in cooking, made with oil	560
24103010	Chicken, NS as to part, stewed, skin eaten	36	56205014	Rice, brown, cooked, fat added in cooking, made with butter	560
24103020	Chicken, NS as to part, stewed, skin not eaten	48	56205016	Rice, brown, cooked, fat added in cooking, made with margarine	560
24104000	Chicken, NS as to part, fried, no coating, NS as to skin eaten, fat added in cooking	39	56205018	Rice, brown, cooked, fat not added in cooking	560
24104010	Chicken, NS as to part, fried, no coating, skin eaten, fat added in cooking	39	56205050	Rice, cream of, cooked, fat not added in cooking	560
24104020	Chicken, NS as to part, fried, no coating, skin not eaten, fat added in cooking	46	56205060	Rice, cooked, with milk	560
24107000	Chicken, NS as to part, coated, baked or fried, prepared with skin, NS as to skin/coating eaten, fat added in cooking	27	56205070	Rice, sweet (rice, cooked, with honey)	560
24107001	Chicken, NS as to part, coated, baked or fried, prepared with skin, NS as to skin/coating eaten, fat not added in cooking	50	56205080	Rice, creamed, made with milk and sugar, Puerto Rican style	560

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24107010	Chicken, NS as to part, coated, baked or fried, prepared with skin, skin/coating eaten, fat added in cooking	30		56205090	Rice, cream of, cooked, fat added in cooking	560
24107020	Chicken, NS as to part, coated, baked or fried, prepared with skin, skin/coating not eaten, fat added in cooking	46		56205094	Rice, cream of, cooked, made with milk	560
24107040	Chicken, NS as to part, coated, baked or fried, prepared skinless, NS as to coating eaten, fat added in cooking	41		56205101	Congee (Asian)	560
24107050	Chicken, NS as to part, coated, baked or fried, prepared skinless, coating eaten, fat added in cooking	41		56205130	Yellow rice, cooked, NS as to fat added in cooking	560
24120100	Chicken, breast, NS as to cooking method, NS as to skin eaten	44		56205150	Yellow rice, cooked, fat not added in cooking	560
24120110	Chicken, breast, NS as to cooking method, skin eaten	44		56205170	Yellow rice, cooked, fat added in cooking	560
24120120	Chicken, breast, NS as to cooking method, skin not eaten	49		56205190	Rice, white, cooked, glutinous	560
24122100	Chicken, breast, roasted, broiled, or baked, NS as to skin eaten	44		56205205	Rice, wild, 100%, cooked, NS as to fat added in cooking	560
24122110	Chicken, breast, roasted, broiled, or baked, skin eaten	44		56205210	Rice, wild, 100%, cooked, fat not added in cooking	560

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24122120	Chicken, breast, roasted, broiled, or baked, skin not eaten	49		56205215	Rice, wild, 100%, cooked, fat added in cooking	560
24123100	Chicken, breast, stewed, NS as to skin eaten	43		56205300	Rice, white and wild, cooked, fat not added in cooking	560
24123110	Chicken, breast, stewed, skin eaten	43		56205310	Rice, brown and wild, cooked, fat not added in cooking	560
24123120	Chicken, breast, stewed, skin not eaten	50		56205320	Rice, white and wild, cooked, fat added in cooking	560
24124100	Chicken, breast, fried, no coating, NS as to skin eaten, fat added in cooking	43		56205330	Rice, white and wild, cooked, NS as to fat added in cooking	560
24124110	Chicken, breast, fried, no coating, skin eaten, NS as to type of fat added in cooking	43		56205350	Rice, brown and wild, cooked, NS as to fat added in cooking	560
24124113	Chicken, breast, fried, no coating, skin eaten, made with oil	50		56205410	Rice, white, cooked with (fat) oil, Puerto Rican style (Arroz blanco)	560
24124115	Chicken, breast, fried, no coating, skin eaten, made without fat	50		56206990	Wheat, cream of, cooked, NS as to regular, quick, or instant, NS as to fat added in cooking	560
24124120	Chicken, breast, fried, no coating, skin not eaten, NS as to type of fat added in cooking	49		56207000	Wheat, cream of, cooked, NS as to regular, quick, or instant, fat not added in cooking	560
24124121	Chicken, breast, fried, no coating, skin not eaten, made with shortening	50		56207010	Wheat, cream of, cooked, regular, fat not added in cooking	560
24124122	Chicken, breast, fried, no coating, skin not eaten, made with butter	50		56207020	Wheat, cream of, cooked, quick, fat not added in cooking	560

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24124123	Chicken, breast, fried, no coating, skin not eaten, made with oil	50		56207030	Wheat, cream of, cooked, instant, fat not added in cooking	560
24124124	Chicken, breast, fried, no coating, skin not eaten, made with cooking spray	50		56207060	Wheat, cream of, cooked, instant, fat added in cooking	560
24124125	Chicken, breast, fried, no coating, skin not eaten, made without fat	50		56207080	Wheat, cream of, cooked, NS as to regular, quick, or instant, fat added in cooking	560
24127100	Chicken, breast, coated, baked or fried, prepared with skin, NS as to skin/coating eaten, fat added in cooking	30		56207086	Wheat, cream of, cooked, regular, made with milk, fat added in cooking	560
24127110	Chicken, breast, coated, baked or fried, prepared with skin, skin/coating eaten, NS as to type of fat added in cooking	30		56207087	Wheat, cream of, cooked, regular, made with milk, fat not added in cooking	560
24127112	Chicken, breast, coated, baked or fried, prepared with skin, skin/coating eaten, made with butter	50		56207092	Wheat, cream of, cooked, quick, made with milk, fat not added in cooking	560
24127113	Chicken, breast, coated, baked or fried, prepared with skin, skin/coating eaten, made with oil	50		56207095	Wheat, cream of, cooked, instant, made with milk, fat not added in cooking	560
24127115	Chicken, breast, coated, baked or fried, prepared with skin, skin/coating eaten, made without fat	50		56207110	Bulgur, cooked or canned, fat not added in cooking	560

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24127120	Chicken, breast, coated, baked or fried, prepared with skin, skin/coating not eaten, NS as to type of fat added in cooking	48	56207120	Bulgur, cooked or canned, fat added in cooking	560
24127125	Chicken, breast, from fast food, coated, baked or fried, prepared with skin, NS as to skin/coating eaten	50	56207130	Bulgur, cooked or canned, NS as to fat added in cooking	560
24127130	Chicken, breast, from fast food, coated, baked or fried, prepared with skin, skin/coating eaten	50	56207150	Couscous, plain, cooked, fat not added in cooking	560
24127135	Chicken, breast, from fast food, coated, baked or fried, prepared with skin, skin/coating not eaten	50	56207160	Couscous, plain, cooked, NS as to fat added in cooking	560
24127140	Chicken, breast, coated, baked or fried, prepared skinless, NS as to coating eaten, fat added in cooking	34	56207180	Couscous, plain, cooked, fat added in cooking	560
24127141	Chicken, breast, coated, baked or fried, prepared skinless, NS as to coating eaten, fat not added in cooking	50	56207190	Whole wheat cereal, cooked, NS as to fat added in cooking	560
24127150	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, NS as to type	37	56207200	Whole wheat cereal, cooked, fat not added in cooking	560

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	of fat added in cooking					
24127151	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, made with shortening	50		56207210	Whole wheat cereal, cooked, fat added in cooking	560
24127152	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, made with butter	50		56207212	Whole wheat cereal, cooked, made with milk	560
24127153	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, made with oil	50		56207220	Wheat, cream of, cooked, regular, fat added in cooking	560
24127154	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, made with cooking spray	50		56207230	Wheat, cream of, cooked, quick, fat added in cooking	560
24127155	Chicken, breast, coated, baked or fried, prepared skinless, coating eaten, made without fat	50		56207300	Whole wheat cereal, wheat and barley, cooked, fat not added in cooking	560
24127160	Chicken, breast, coated, baked or fried, prepared skinless, coating not eaten, NS as to type of fat added in cooking	48		56207330	Whole wheat cereal, wheat and barley, cooked, fat added in cooking	560
24127163	Chicken, breast, coated, baked or fried, prepared skinless, coating not eaten, made with oil	50		56207342	Whole wheat cereal, wheat and barley, cooked, made with milk	560

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24127165	Chicken, breast, coated, baked or fried, prepared skinless, coating not eaten, made without fat	50		56207350	Wheat cereal, chocolate flavored, cooked, made with milk	560
24130200	Chicken, leg (drumstick and thigh), NS as to cooking method, NS as to skin eaten	39		56208510	Oat bran cereal, cooked, fat added in cooking	560
24130210	Chicken, leg (drumstick and thigh), NS as to cooking method, skin eaten	39		56208530	Oat bran cereal, cooked, made with milk, fat not added in cooking	560
24132200	Chicken, leg (drumstick and thigh), roasted, broiled, or baked, NS as to skin eaten	39		56209000	Rye, cream of, cooked	560
24132210	Chicken, leg (drumstick and thigh), roasted, broiled, or baked, skin eaten	39		56210000	Nestum cereal	560
24132220	Chicken, leg (drumstick and thigh), roasted, broiled, or baked, skin not eaten	47		57000000	Cereal, NFS	560
24133200	Chicken, leg (drumstick and thigh), stewed, NS as to skin eaten	50		57000050	Kashi cereal, NS as to ready to eat or cooked	560
24133210	Chicken, leg (drumstick and thigh), stewed, skin eaten	38		57000100	Oat cereal, NFS	560
24133220	Chicken, leg (drumstick and thigh), stewed, skin not eaten	47		57100100	Cereal, ready-to-eat, NFS	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
24134210	Chicken, leg (drumstick and thigh), fried, no coating, skin eaten, fat added in cooking	40		57101000	All-Bran	560
24134220	Chicken, leg (drumstick and thigh), fried, no coating, skin not eaten, fat added in cooking	46		57103000	Alpha-Bits	560
24137210	Chicken, leg (drumstick and thigh), coated, baked or fried, prepared with skin, skin/coating eaten, fat added in cooking	30		57103020	Alpha-bits with marshmallows	560
24137211	Chicken, leg (drumstick and thigh), coated, baked or fried, prepared with skin, skin/coating eaten, fat not added in cooking	50		57103050	Amaranth Flakes	560
24137220	Chicken, leg (drumstick and thigh), coated, baked or fried, prepared with skin, skin/coating not eaten, fat added in cooking	47		57103100	Apple Cinnamon Cheerios	560
24137250	Chicken, leg (drumstick and thigh), coated, baked or fried, prepared skinless, coating eaten, fat added in cooking	47		57104000	Apple Jacks	560
24137251	Chicken, leg (drumstick and thigh), coated,	50		57106050	Banana Nut Crunch Cereal (Post)	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	baked or fried, prepared skinless, coating eaten, fat not added in cooking					
24137260	Chicken, leg (drumstick and thigh), coated, baked or fried, prepared skinless, coating not eaten, fat added in cooking	51		57106060	Banana Nut Cheerios	560
24140200	Chicken, drumstick, NS as to cooking method, NS as to skin eaten	40		57106100	Basic 4	560
24140210	Chicken, drumstick, NS as to cooking method, skin eaten	40		57106250	Berry Berry Kix	560
24140220	Chicken, drumstick, NS as to cooking method, skin not eaten	48		57106260	Berry Burst Cheerios	560
24142200	Chicken, drumstick, roasted, broiled, or baked, NS as to skin eaten	40		57106530	Blueberry Morning, Post	560
24142210	Chicken, drumstick, roasted, broiled, or baked, skin eaten	40		57110000	All-Bran Bran Buds, Kellogg's (formerly Bran Buds)	560
24142220	Chicken, drumstick, roasted, broiled, or baked, skin not eaten	48		57117000	Cap'n Crunch	560
24143200	Chicken, drumstick, stewed, NS as to skin eaten	39		57119000	Cap'n Crunch's Crunch Berries	560
24143210	Chicken, drumstick, stewed, skin eaten	39		57120000	Cap'n Crunch's Peanut Butter Crunch	560
24143220	Chicken, drumstick, stewed, skin not eaten	48		57123000	Cheerios	560
24144210	Chicken, drumstick, fried, no coating,	41		57124000	Chex cereal, NFS	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	skin eaten, NS as to type of fat added in cooking					
24144212	Chicken, drumstick, fried, no coating, skin eaten, made with butter	50		57124030	Chex Chocolate	560
24144213	Chicken, drumstick, fried, no coating, skin eaten, made with oil	50		57124050	Chex Cinnamon	560
24144215	Chicken, drumstick, fried, no coating, skin eaten, made without fat	50		57124100	Chocolate Cheerios	560
24144220	Chicken, drumstick, fried, no coating, skin not eaten, NS as to type of fat added in cooking	47		57124200	Chocolate flavored frosted puffed corn cereal	560
24144221	Chicken, drumstick, fried, no coating, skin not eaten, made with shortening	50		57124300	Chocolate Lucky Charms	560
24144222	Chicken, drumstick, fried, no coating, skin not eaten, made with butter	50		57124900	Cinnabon cereal	560
24144223	Chicken, drumstick, fried, no coating, skin not eaten, made with oil	50		57125000	Cinnamon Toast Crunch	560
24144225	Chicken, drumstick, fried, no coating, skin not eaten, made without fat	50		57125010	Cinnamon Toast Crunch Reduced Sugar	560
24147210	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating eaten, NS as to type of fat added in cooking	33		57125900	Honey Nut Clusters (formerly called Clusters)	560

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24147212	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating eaten, made with butter	50		57126000	Cocoa Krispies	560
24147213	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating eaten, made with oil	50		57127000	Cocoa Pebbles	560
24147215	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating eaten, made without fat	50		57128000	Cocoa Puffs	560
24147220	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating not eaten, NS as to type of fat added in cooking	48		57128005	Cocoa Puffs, reduced sugar	560
24147223	Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating not eaten, made with oil	50		57130000	Cookie-Crisp	560
24147225	Chicken, drumstick, from fast food, coated, baked or fried, prepared with skin, NS as to skin/coating eaten	51		57131000	Crunchy Corn Bran, Quaker	560
24147230	Chicken, drumstick, from fast food, coated, baked or fried, prepared with skin, skin/coating eaten	51		57132000	Corn Chex	560
24147235	Chicken, drumstick, from fast food,	51		57134000	Corn flakes, NFS	560

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	coated, baked or fried, prepared with skin, skin/coating not eaten					
24147240	Chicken, drumstick, coated, baked or fried, prepared skinless, NS as to coating eaten, fat added in cooking	41		57134090	Corn flakes, low sodium	560
24147250	Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten, NS as to type of fat added in cooking	40		57135000	Corn flakes, Kellogg's	560
24147251	Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten, made with shortening	50		57137000	Corn Puffs	560
24147252	Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten, made with butter	50		57139000	Count Chocula	560
24147253	Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten, made with oil	50		57143000	Cracklin' Oat Bran	560
24147255	Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten, made without fat	50		57143500	Cranberry Almond Crunch, Post	560
24147260	Chicken, drumstick, coated, baked or fried, prepared skinless, coating not	48		57144000	Crisp Crunch	560

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	eaten, NS as to type of fat added in cooking					
24147263	Chicken, drumstick, coated, baked or fried, prepared skinless, coating not eaten, made with oil	50		57148000	Crispix	560
24147265	Chicken, drumstick, coated, baked or fried, prepared skinless, coating not eaten, made without fat	50		57148500	Crispy Brown Rice Cereal	560
24150210	Chicken, thigh, NS as to cooking method, skin eaten	39		57151000	Crispy Rice	560
24150220	Chicken, thigh, NS as to cooking method, skin not eaten	46		57201900	Dora the Explorer Cereal	560
24152200	Chicken, thigh, roasted, broiled, or baked, NS as to skin eaten	39		57206700	Fiber One	560
24152210	Chicken, thigh, roasted, broiled, or baked, skin eaten	39		57206705	Fiber One Caramel Delight	560
24152220	Chicken, thigh, roasted, broiled, or baked, skin not eaten	46		57206710	Fiber One Honey Clusters	560
24153210	Chicken, thigh, stewed, skin eaten	37		57206715	Fiber One Raisin Bran Clusters	560
24153220	Chicken, thigh, stewed, skin not eaten	46		57206800	Fiber 7 Flakes, Health Valley	560
24154200	Chicken, thigh, fried, no coating, NS as to skin eaten, fat added in cooking	39		57207000	Bran Flakes, NFS (formerly 40% Bran Flakes, NFS)	560
24154210	Chicken, thigh, fried, no coating, skin eaten, NS as to type	39		57208000	All-Bran Complete Wheat Flakes, Kellogg's	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	of fat added in cooking					
24154211	Chicken, thigh, fried, no coating, skin eaten, made with shortening	50		57209000	Natural Bran Flakes, Post (formerly called 40% Bran Flakes, Post)	560
24154212	Chicken, thigh, fried, no coating, skin eaten, made with butter	50		57213000	Froot Loops	560
24154213	Chicken, thigh, fried, no coating, skin eaten, made with oil	50		57213010	Froot Loops Marshmallow	560
24154214	Chicken, thigh, fried, no coating, skin eaten, made with cooking spray	50		57213850	Frosted Cheerios	560
24154215	Chicken, thigh, fried, no coating, skin eaten, made without fat	50		57214000	Frosted Mini-Wheats	560
24154220	Chicken, thigh, fried, no coating, skin not eaten, NS as to type of fat added in cooking	46		57214100	Frosted Wheat Bites	560
24154221	Chicken, thigh, fried, no coating, skin not eaten, made with shortening	50		57215000	Frosty O's	560
24154222	Chicken, thigh, fried, no coating, skin not eaten, made with butter	50		57216000	Frosted rice, NFS	560
24154223	Chicken, thigh, fried, no coating, skin not eaten, made with oil	50		57218000	Frosted Rice Krispies, Kellogg's	560
24154224	Chicken, thigh, fried, no coating, skin not eaten, made with cooking spray	50		57219000	Fruit & Fibre (fiber), NFS	560
24154225	Chicken, thigh, fried, no coating, skin not	50		57221650	Fruit Harvest cereal, Kellogg's	560

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	eaten, made without fat					
24157200	Chicken, thigh, coated, baked or fried, prepared with skin, NS as to skin/coating eaten, fat added in cooking	29		57221700	Fruit Rings, NFS	560
24157210	Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating eaten, NS as to type of fat added in cooking	35		57221800	Fruit Whirls	560
24157213	Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating eaten, made with oil	50		57221810	Fruity Cheerios	560
24157215	Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating eaten, made without fat	50		57223000	Fruity Pebbles	560
24157220	Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating not eaten, NS as to type of fat added in cooking	46		57224000	Golden Grahams	560
24157223	Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating not eaten, made with oil	50		57227000	Granola, NFS	560
24157225	Chicken, thigh, from fast food, coated, baked or fried, prepared with skin,	46		57228000	Granola, homemade	560

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	NS as to skin/coating eaten					
24157230	Chicken, thigh, from fast food, coated, baked or fried, prepared with skin, skin/coating eaten	46		57229000	Granola, lowfat, Kellogg's	560
24157235	Chicken, thigh, from fast food, coated, baked or broiled, prepared with skin, skin/coating not eaten	46		57229500	Granola with Raisins, lowfat, Kellogg's	560
24157240	Chicken, thigh, coated, baked or fried, prepared skinless, NS as to coating eaten, fat added in cooking	32		57230000	Grape-Nuts	560
24157250	Chicken, thigh, coated, baked or fried, prepared skinless, coating eaten, NS as to type of fat added in cooking	40		57231000	Grape-Nuts Flakes	560
24157253	Chicken, thigh, coated, baked or fried, prepared skinless, coating eaten, made with oil	50		57231200	Great Grains, Raisin, Date, and Pecan Whole Grain Cereal, Post	560
24157255	Chicken, thigh, coated, baked or fried, prepared skinless, coating eaten, made without fat	50		57231250	Great Grains Double Pecan Whole Grain Cereal, Post	560
24157260	Chicken, thigh, coated, baked or fried, prepared skinless, coating not eaten, NS as to type of fat added in cooking	45		57237100	Honey Bunches of Oats Honey Roasted Cereal	560

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24157263	Chicken, thigh, coated, baked or fried, prepared skinless, coating not eaten, made with oil	50	57237200	Honey Bunches of Oats with Vanilla Clusters, Post	560
24160100	Chicken, wing, NS as to cooking method, NS as to skin eaten	96	57237300	Honey Bunches of Oats with Almonds, Post	560
24160110	Chicken, wing, NS as to cooking method, skin eaten	96	57237310	Honey Bunches of Oats with Pecan Bunches	560
24160120	Chicken, wing, NS as to cooking method, skin not eaten	47	57237900	Honey Bunches of Oats Just Bunches	560
24162110	Chicken, wing, roasted, broiled, or baked, skin eaten	96	57238000	Honeycomb, plain	560
24162120	Chicken, wing, roasted, broiled, or baked, skin not eaten	47	57239000	Honeycomb, strawberry	560
24163110	Chicken, wing, stewed, skin eaten	104	57239100	Honey Crunch Corn Flakes, Kellogg's	560
24163120	Chicken, wing, stewed, skin not eaten	48	57240100	Honey Nut Chex	560
24164100	Chicken, wing, fried, no coating, NS as to skin eaten, fat added in cooking	30	57241000	Honey Nut Cheerios	560
24164110	Chicken, wing, fried, no coating, skin eaten, NS as to type of fat added in cooking	30	57241200	Honey Nut Shredded Wheat, Post	560
24164111	Chicken, wing, fried, no coating, skin eaten, made with shortening	50	57243000	Honey Smacks, Kellogg's (formerly Smacks; Honey Smacks)	560
24164112	Chicken, wing, fried, no coating, skin	50	57301500	Kashi, Puffed	560

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	eaten, made with butter					
24164113	Chicken, wing, fried, no coating, skin eaten, made with oil	50		57301505	Kashi Autumn Wheat	560
24164115	Chicken, wing, fried, no coating, skin eaten, made without fat	50		57301510	Kashi GOLEAN	560
24164120	Chicken, wing, fried, no coating, skin not eaten, NS as to type of fat added in cooking	46		57301511	Kashi GOLEAN Crunch	560
24164122	Chicken, wing, fried, no coating, skin not eaten, made with butter	50		57301512	Kashi GOLEAN Crunch Honey Almond Flax	560
24164123	Chicken, wing, fried, no coating, skin not eaten, made with oil	50		57301520	Kashi Good Friends	560
24164125	Chicken, wing, fried, no coating, skin not eaten, made without fat	50		57301530	Kashi Heart to Heart Honey Toasted Oat	560
24167110	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating eaten, NS as to type of fat added in cooking	21		57301535	Kashi Heart to Heart Oat Flakes and Blueberry Clusters	560
24167113	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating eaten, made with oil	50		57301540	Kashi Honey Sunshine	560
24167115	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating eaten, made without fat	50		57302100	King Vitaman	560

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24167119	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating not eaten, made without fat	50		57303100	Kix	560
24167120	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating not eaten, NS as to type of fat added in cooking	46		57303105	Honey Kix	560
24167123	Chicken, wing, coated, baked or fried, prepared with skin, skin/coating not eaten, made with oil	50		57304100	Life (plain and cinnamon)	560
24167125	Chicken, wing, from fast food, coated, baked or fried, prepared with skin, NS as to skin/coating eaten	50		57305100	Lucky Charms	560
24167130	Chicken, wing, from fast food, coated, baked or fried, prepared with skin, skin/coating eaten	50		57305150	Frosted oat cereal with marshmallows	560
24167135	Chicken, wing, from fast food, coated, baked or fried, prepared with skin, skin/coating not eaten	50		57305160	Malt-O-Meal Blueberry Muffin Tops	560
24170200	Chicken, back	91		57305165	Malt-O-Meal Cinnamon Toasters	560
24180200	Chicken, neck or ribs	44		57305170	Malt-O-Meal Coco-Roos	560
24198440	Chicken skin	285		57305174	Malt-O-Meal Colossal Crunch	560
24198500	Chicken feet	8		57305175	Malt-O-Meal Cocoa Dyno-Bites	560

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24198570	Chicken, canned, meat only	36		57305180	Malt-O-Meal Corn Bursts	560
24198690	Chicken patty, fillet, or tenders, breaded, cooked, from fast food / restaurant	34		57305200	Malt-O-Meal Crispy Rice	560
24198695	Chicken patty, fillet, or tenders, breaded, cooked, from school lunch	12		57305210	Malt-O-Meal Frosted Flakes	560
24198700	Chicken patty, fillet, or tenders, breaded, cooked	34		57305215	Malt-O-Meal Frosted Mini Spooners	560
24198720	Chicken, ground	36		57305300	Malt-O-Meal Fruity Dyno-Bites	560
24198730	Chicken nuggets, from fast food / restaurant	34		57305400	Malt-O-Meal Honey Graham Squares	560
24198735	Chicken nuggets, from school lunch	12		57305500	Malt-O-Meal Honey and Nut Toasty O's	560
24198740	Chicken nuggets	34		57305600	Malt-O-Meal Marshmallow Mateys	560
24201000	Turkey, NFS	24		57306100	Malt-O-Meal Puffed Rice	560
24201010	Turkey, light meat, cooked, NS as to skin eaten	25		57306120	Malt-O-Meal Puffed Wheat	560
24201020	Turkey, light meat, cooked, skin not eaten	29		57306130	Malt-O-Meal Raisin Bran	560
24201030	Turkey, light meat, cooked, skin eaten	25		57306500	Malt-O-Meal Golden Puffs (formerly Sugar Puffs)	560
24201050	Turkey, light meat, breaded, baked or fried, NS as to skin eaten	17		57306700	Malt-O-Meal Toasted Oat Cereal	560
24201060	Turkey, light meat, breaded, baked or fried, skin not eaten	29		57306800	Malt-O-meal Tootie Fruities	560
24201070	Turkey, light meat, breaded, baked or fried, skin eaten	25		57307010	Maple Pecan Crunch Cereal, Post	560
24201110	Turkey, light meat, roasted, NS as to skin eaten	25		57307500	Millet, puffed	560

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24201120	Turkey, light meat, roasted, skin not eaten	29		57307600	Mini-Swirlz Cinnamon Bun Cereal, Kellogg's	560
24201130	Turkey, light meat, roasted, skin eaten	25		57308150	Mueslix cereal, NFS	560
24201220	Turkey, dark meat, roasted, skin not eaten	28		57308190	Muesli, dried fruit and nuts (formerly Muesli with raisins, dates, and almonds)	560
24201230	Turkey, dark meat, roasted, skin eaten	23		57308300	Multi Bran Chex	560
24201310	Turkey, light and dark meat, roasted, NS as to skin eaten	24		57308400	MultiGrain Cheerios	560
24201320	Turkey, light and dark meat, roasted, skin not eaten	29		57309100	Nature Valley Granola, with fruit and nuts	560
24201330	Turkey, light and dark meat, roasted, skin eaten	24		57316300	Oat Bran Flakes, Health Valley	560
24201350	Turkey, light or dark meat, battered, fried, NS as to skin eaten	16		57316380	Oat Cluster Cheerios Crunch	560
24201370	Turkey, light or dark meat, battered, fried, skin eaten	16		57316450	Oatmeal Crisp with Almonds	560
24201410	Turkey, light or dark meat, stewed, skin not eaten	28		57316500	Oatmeal Crisp, Raisin (formerly Oatmeal Raisin Crisp)	560
24201420	Turkey light or dark meat, stewed, skin eaten	25		57316710	Oh's, Honey Graham	560
24201500	Turkey, light or dark meat, smoked, cooked, NS as to skin eaten	23		57319500	Sun Country 100% Natural Granola, with Almonds	560
24201520	Turkey, light or dark meat, smoked, cooked, skin not eaten	29		57320500	100 % Natural Cereal, with oats, honey and raisins, Quaker	560
24202010	Turkey, drumstick, cooked, skin not eaten	28		57321700	Optimum, Nature's Path	560

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24202020	Turkey, drumstick, cooked, skin eaten	26	57321900	Organic Flax Plus, Nature's Path	560
24202060	Turkey, drumstick, roasted, skin not eaten	28	57321905	Organic Flax Plus, Pumpkin Granola, Nature's Path	560
24202070	Turkey, drumstick, roasted, skin eaten	26	57325000	Product 19	560
24202120	Turkey, drumstick, smoked, cooked, skin eaten	25	57326000	Puffins Cereal	560
24202450	Turkey, thigh, cooked, NS as to skin eaten	26	57327450	Quaker Oat Bran Cereal	560
24202460	Turkey, thigh, cooked, skin eaten	26	57327500	Quaker Oatmeal Squares (formerly Quaker Oat Squares)	560
24202500	Turkey, thigh, cooked, skin not eaten	28	57328000	Quisp	560
24202600	Turkey, neck, cooked	12	57329000	Raisin bran, NFS	560
24203000	Turkey, wing, cooked, NS as to skin eaten	66	57330000	Raisin Bran, Kellogg's	560
24203010	Turkey, wing, cooked, skin not eaten	29	57330010	Raisin Bran Crunch, Kellogg's	560
24203020	Turkey, wing, cooked, skin eaten	43	57331000	Raisin Bran, Post	560
24204000	Turkey, rolled roast, light or dark meat, cooked	23	57332050	Raisin Bran, Total	560
24205000	Turkey, tail, cooked	65	57332100	Raisin Nut Bran	560
24207000	Turkey, ground	24	57335550	Reese's Peanut Butter Puffs cereal	560
24208000	Turkey, nuggets	21	57336000	Rice Chex	560
24208500	Turkey bacon, cooked	66	57337000	Rice Flakes, NFS	560
24208510	Turkey bacon, reduced sodium, cooked	28	57339000	Rice Krispies, Kellogg's	560
24300100	Duck, cooked, NS as to skin eaten	4	57339500	Rice Krispies Treats Cereal, Kellogg's	560

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24300110	Duck, cooked, skin eaten	4	57340000	Rice, puffed	560
24300120	Duck, cooked, skin not eaten	4	57341000	Shredded Wheat'N Bran	560
24301000	Duck, roasted, NS as to skin eaten	4	57341200	Smart Start Strong Heart Antioxidants Cereal, Kellogg's	560
24301010	Duck, roasted, skin eaten	4	57342010	Smorz, Kellogg's	560
24301020	Duck, roasted, skin not eaten	4	57344000	Special K	560
24400010	Cornish game hen, cooked, skin eaten	35	57344001	Special K Blueberry	560
24400020	Cornish game hen, cooked, skin not eaten	49	57344005	Special K Chocolatey Delight	560
24401010	Cornish game hen, roasted, skin eaten	35	57344007	Special K Low Fat Granola	560
24401020	Cornish game hen, roasted, skin not eaten	49	57344010	Special K Red Berries	560
24402100	Dove, cooked, NS as to cooking method	8	57344015	Special K Fruit & Yogurt	560
24403100	Quail, cooked	8	57344020	Special K Vanilla Almond	560
24701010	Chicken, baby food, strained	31	57344025	Special K Cinnamon Pecan, Kellogg's	560
24701020	Chicken, baby food, junior	31	57346500	Oatmeal Honey Nut Heaven, Quaker (formerly Toasted Oatmeal, Honey Nut)	560
24703010	Turkey, baby food, strained	32	57347000	Corn Pops	560
24703020	Turkey, baby food, junior	32	57348000	Frosted corn flakes, NFS	560
24705010	Chicken stick, baby food	40	57349000	Frosted Flakes, Kellogg's	560
25110120	Beef liver, braised	48	57349020	Reduced Sugar Frosted Flakes Cereal, Kellogg's	560
25110140	Beef liver, fried	48	57355000	Golden Crisp (Formerly called Super Golden Crisp)	560
25112200	Liver paste or pate, chicken	55	57401100	Toasted oat cereal	560

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
25120000	Heart, cooked	4		57403100	Toasties, Post	560
25130000	Kidney, cooked	44		57406100	Total	560
25160000	Tongue, cooked	16		57406105	Total Cranberry Crunch	560
25210110	Frankfurter, wiener, or hot dog, NFS	40		57407100	Trix	560
25210150	Frankfurter or hot dog, cheese-filled	50		57407110	Trix, reduced sugar	560
25210210	Frankfurter or hot dog, beef	50		57408100	Uncle Sam Cereal (formerly Uncle Sam's Hi Fiber Cereal)	560
25210220	Frankfurter or hot dog, beef and pork	40		57409100	Waffle Crisp, Post	560
25210240	Frankfurter or hot dog, beef and pork, reduced fat or light	50		57410000	Weetabix Whole Wheat Cereal	560
25210250	Frankfurter or hot dog, meat and poultry, fat free	10		57411000	Wheat Chex	560
25210280	Frankfurter or hot dog, meat and poultry	50		57412000	Wheat germ, plain	560
25210290	Frankfurter or hot dog, meat and poultry, reduced fat or light	50		57416000	Wheat, puffed, plain	560
25210310	Frankfurter or hot dog, chicken	28		57416010	Wheat, puffed, presweetened with sugar	560
25210410	Frankfurter or hot dog, turkey	24		57417000	Shredded Wheat, 100%	560
25210620	Frankfurter or hot dog, beef, reduced fat or light	50		57418000	Wheaties	560
25220010	Cold cut, NFS	28		57419000	Yogurt Burst Cheerios	560
25220105	Beef sausage	52		57801000	Barley cereal, baby food, dry, instant	280
25220106	Beef sausage, reduced fat	56		57804000	Oatmeal cereal, baby food, dry, instant	508
25220108	Beef sausage, reduced sodium	32		57805000	Rice cereal, baby food, dry, instant	340
25220150	Beef sausage with cheese	47		58100000	Burrito, taco, or quesadilla with egg	40
25220210	Blood sausage	52		58100005	Burrito, taco, or quesadilla with egg and potato	32

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
25220350	Bratwurst	55		58100010	Burrito, taco, or quesadilla with egg and breakfast meat	40
25220360	Bratwurst, with cheese	48		58100013	Burrito, taco, or quesadilla with egg and breakfast meat, from fast food	32
25220390	Bologna, beef, lowfat	36		58100015	Burrito, taco, or quesadilla with egg, potato, and breakfast meat	36
25220400	Bologna, pork and beef	44		58100017	Burrito, taco, or quesadilla with egg, potato, and breakfast meat, from fast food	20
25220410	Bologna, NFS	32		58100020	Burrito, taco, or quesadilla with egg, beans, and breakfast meat	36
25220420	Bologna, Lebanon	43		58100100	Burrito with meat	106
25220430	Bologna, beef	56		58100120	Burrito with meat and beans	80
25220440	Bologna, turkey	24		58100125	Burrito with meat and beans, from fast food	80
25220460	Bologna, pork	56		58100135	Burrito with meat and sour cream	80
25220470	Bologna, beef, lower sodium	56		58100140	Burrito with meat, beans, and sour cream	80
25220500	Bologna, beef and pork, lowfat	41		58100145	Burrito with meat, beans, and sour cream, from fast food	80
25220510	Capicola	68		58100160	Burrito with meat, beans, and rice	80
25220650	Turkey or chicken and beef sausage	31		58100165	Burrito with meat, beans, rice, and sour cream	80
25220710	Chorizo	60		58100200	Burrito with chicken	110
25220910	Head cheese	36		58100220	Burrito with chicken and beans	80
25221210	Mortadella	40		58100235	Burrito with chicken and sour cream	80
25221250	Pepperoni	52		58100245	Burrito with chicken, beans, and sour cream	80
25221310	Polish sausage	44		58100255	Burrito with chicken, beans, and rice	80
25221350	Italian sausage	64		58100260	Burrito with chicken, beans, rice, and sour cream	80

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
25221400	Sausage (not cold cut), NFS	72		58100300	Burrito with beans and rice, meatless	80
25221405	Pork sausage	72		58100320	Burrito with beans, meatless	80
25221406	Pork sausage, reduced fat	72		58100325	Burrito with beans, meatless, from fast food	80
25221408	Pork sausage, reduced sodium	32		58100330	Burrito with beans, rice, and sour cream, meatless	80
25221450	Pork sausage rice links	48		58100360	Chilaquiles, tortilla casserole with salsa, cheese, and egg	20
25221460	Pork and beef sausage	42		58100370	Chilaquiles, tortilla casserole with salsa and cheese, no egg	4
25221500	Salami, NFS	43		58100520	Enchilada with meat and beans, red-chile or enchilada sauce	4
25221530	Salami, beef	55		58100525	Enchilada with meat and beans, green-chile or enchilada sauce	4
25221610	Scrapple, cooked	12		58100530	Enchilada with meat, red-chile or enchilada sauce	4
25221810	Thuringer	44		58100535	Enchilada with meat, green-chile or enchilada sauce	4
25221830	Turkey or chicken sausage	54		58100620	Enchilada with chicken and beans, red-chile or enchilada sauce	4
25221855	Turkey or chicken sausage, reduced sodium	4		58100630	Enchilada with chicken, red-chile or enchilada sauce	4
25221860	Turkey or chicken sausage, reduced fat	54		58100720	Enchilada with beans, meatless, red-chile or enchilada sauce	4
25221870	Turkey or chicken and pork sausage	80		58100725	Enchilada with beans, green-chile or enchilada sauce	4
25221880	Turkey or chicken, pork, and beef sausage, reduced fat	16		58100800	Enchilada, just cheese, meatless, no beans, red-chile or enchilada sauce	8
25221910	Vienna sausage, canned	24		58100805	Enchilada, just cheese, meatless, no beans,	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
					green-chile or enchilada sauce	
25221950	Pickled sausage	42		58101320	Taco or tostada with meat	16
25230110	Luncheon meat, NFS	40		58101323	Taco or tostada with meat, from fast food	16
25230210	Ham, sliced, prepackaged or deli, luncheon meat	72		58101325	Taco or tostada with meat and sour cream	4
25230220	Ham, sliced, low salt, prepackaged or deli, luncheon meat	74		58101345	Soft taco with meat	100
25230230	Ham, sliced, extra lean, prepackaged or deli, luncheon meat	68		58101347	Soft taco with meat, from fast food	100
25230235	Ham, sliced, extra lean, lower sodium, prepackaged or deli, luncheon meat	68		58101350	Soft taco with meat and sour cream	113
25230310	Chicken or turkey loaf, prepackaged or deli, luncheon meat	27		58101357	Soft taco with meat and sour cream, from fast food	100
25230430	Ham and cheese loaf	46		58101450	Soft taco with chicken	124
25230510	Ham, luncheon meat, chopped, minced, pressed, spiced, not canned	62		58101457	Soft taco with chicken, from fast food	100
25230520	Ham, luncheon meat, chopped, minced, pressed, spiced, lowfat, not canned	68		58101460	Soft taco with chicken and sour cream	112
25230530	Ham and pork, luncheon meat, chopped, minced, pressed, spiced, canned	74		58101520	Taco or tostada with chicken	115
25230540	Ham, pork and chicken, luncheon meat, chopped, minced, pressed, spiced, canned	52		58101525	Taco or tostada with chicken and sour cream	100

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
25230550	Ham, pork, and chicken, luncheon meat, chopped, minced, pressed, spiced, canned, reduced sodium	36		58101540	Taco or tostada with fish	16
25230560	Liverwurst	48		58101555	Soft taco with fish	8
25230610	Luncheon loaf (olive, pickle, or pimiento)	40		58101610	Soft taco with beans	4
25230790	Turkey ham, sliced, extra lean, prepackaged or deli, luncheon meat	23		58101615	Soft taco with beans and sour cream	4
25230800	Turkey ham	25		58101620	Soft taco with meat and beans	16
25230820	Turkey pastrami	23		58101625	Soft taco with chicken and beans	16
25230840	Turkey salami	24		58101630	Soft taco with meat, beans, and sour cream	16
25230900	Turkey or chicken breast, prepackaged or deli, luncheon meat	32		58101635	Soft taco with chicken, beans, and sour cream	16
25230905	Turkey or chicken breast, low salt, prepackaged or deli, luncheon meat	32		58101720	Taco or tostada with beans	4
25231110	Beef, sliced, prepackaged or deli, luncheon meat	50		58101725	Taco or tostada with beans and sour cream	16
25231150	Corned beef, pressed	50		58101730	Taco or tostada with meat and beans	4
25240000	Meat spread or potted meat, NFS	68		58101733	Taco or tostada with meat and beans, from fast food	16
25240110	Chicken salad spread	8		58101735	Taco or tostada with chicken and beans	16
25240220	Ham salad spread	52		58101745	Taco or tostada with meat, beans, and sour cream	16
25240310	Roast beef spread	40		58101750	Taco or tostada with chicken, beans, and sour cream	16
26100100	Fish, NS as to type, raw	196		58101800	Ground beef with tomato sauce and taco	12

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
					seasonings on a cornbread crust	
26100110	Fish, NS as to type, cooked, NS as to cooking method	188		58101820	Mexican casserole made with ground beef, beans, tomato sauce, cheese, taco seasonings, and corn chips	17
26100120	Fish, NS as to type, baked or broiled, made with oil	240		58101830	Mexican casserole made with ground beef, tomato sauce, cheese, taco seasonings, and corn chips	25
26100121	Fish, NS as to type, baked or broiled, made with butter	244		58101930	Taco or tostada salad with meat	16
26100122	Fish, NS as to type, baked or broiled, made with margarine	248		58101940	Taco or tostada salad, meatless	16
26100123	Fish, NS as to type, baked or broiled, made without fat	248		58101945	Taco or tostada salad with meat and sour cream	16
26100130	Fish, NS as to type, coated, baked or broiled, made with oil	192		58101950	Taco or tostada salad with chicken and sour cream	16
26100133	Fish, NS as to type, coated, baked or broiled, made without fat	200		58101955	Taco or tostada salad, meatless with sour cream	4
26100140	Fish, NS as to type, coated, fried, made with oil	176		58103120	Tamale with meat	12
26100143	Fish, NS as to type, coated, fried, made without fat	208		58103130	Tamale with chicken	12
26100160	Fish, NS as to type, steamed	548		58103200	Tamale, plain, meatless, no sauce, Puerto Rican style or Caribbean Style	16
26100170	Fish, NS as to type, dried	160		58103250	Tamale, plain, meatless, no sauce, Mexican style	16
26100180	Fish, NS as to type, canned	48		58104090	Nachos with cheese and sour cream	8

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26100190	Fish, NS as to type, smoked	684		58104120	Nachos with cheese	4
26100200	Fish, NS as to type, from fast food	16		58104130	Nachos with meat and cheese	8
26101110	Anchovy, cooked, NS as to cooking method	68		58104150	Nachos with chicken and cheese	4
26101180	Anchovy, canned	68		58104160	Nachos with chili	4
26105120	Carp, baked or broiled, fat added in cooking	1208		58104180	Nachos with meat, cheese, and sour cream	8
26105140	Carp, coated, fried	840		58104190	Nachos with chicken, cheese, and sour cream	4
26105160	Carp, steamed or poached	1244		58104260	Gordita, sope, or chalupa with beans	40
26107110	Catfish, cooked, NS as to cooking method	16		58104270	Gordita, sope, or chalupa with beans and sour cream	40
26107120	Catfish, baked or broiled, made with oil	8		58104280	Gordita, sope, or chalupa with meat and sour cream	40
26107123	Catfish, baked or broiled, made without fat	12		58104290	Gordita, sope, or chalupa with meat	40
26107124	Catfish, baked or broiled, made with cooking spray	12		58104320	Gordita, sope, or chalupa with chicken and sour cream	40
26107130	Catfish, coated, baked or broiled, made with oil	12		58104340	Gordita, sope, or chalupa with chicken	120
26107133	Catfish, coated, baked or broiled, made without fat	16		58104500	Chimichanga with meat	120
26107140	Catfish, coated, fried, made with oil	16		58104520	Chimichanga, meatless	120
26107143	Catfish, coated, fried, made without fat	16		58104530	Chimichanga with chicken	120
26107160	Catfish, steamed or poached	12		58104535	Chimichanga with meat and sour cream	120
26109110	Cod, cooked, NS as to cooking method	24		58104550	Chimichanga with chicken and sour cream	120

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26109120	Cod, baked or broiled, made with oil	44	58104710	Quesadilla, just cheese, meatless	180
26109121	Cod, baked or broiled, made with butter	28	58104720	Quesadilla, just cheese, from fast food	180
26109122	Cod, baked or broiled, made with margarine	32	58104730	Quesadilla with meat	180
26109123	Cod, baked or broiled, made without fat	24	58104740	Quesadilla with chicken	180
26109124	Cod, baked or broiled, made with cooking spray	24	58104745	Quesadilla with chicken, from fast food	180
26109130	Cod, coated, baked or broiled, made with oil	36	58104750	Quesadilla with vegetables	180
26109133	Cod, coated, baked or broiled, made without fat	24	58104760	Quesadilla with vegetables and meat	180
26109140	Cod, coated, fried, made with oil	36	58104770	Quesadilla with vegetables and chicken	180
26109143	Cod, coated, fried, made without fat	28	58104800	Taquito or flauta with cheese	8
26109160	Cod, steamed or poached	24	58104820	Taquito or flauta with meat	102
26109170	Cod, dried, salted	160	58104825	Taquito or flauta with meat and cheese	80
26109180	Cod, dried, salted, salt removed in water	24	58104830	Taquito or flauta with chicken	96
26111110	Croaker, cooked, NS as to cooking method	36	58104835	Taquito or flauta with chicken and cheese	80
26111120	Croaker, baked or broiled, fat added in cooking	40	58104905	Taquito or flauta with egg and breakfast meat	80
26111121	Croaker, baked or broiled, fat not added in cooking	36	58105000	Fajita with chicken and vegetables	80
26111140	Croaker, coated, fried	32	58105050	Fajita with meat and vegetables	101

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26111160	Croaker, steamed or poached	36		58105075	Fajita with vegetables	4
26113190	Eel, smoked	1452		58105100	Pupusa, cheese-filled	48
26115110	Flounder, cooked, NS as to cooking method	116		58105110	Pupusa, meat-filled	28
26115120	Flounder, baked or broiled, made with oil	136		58106200	Pizza, cheese, prepared from frozen, thin crust	160
26115122	Flounder, baked or broiled, made with margarine	144		58106205	Pizza, cheese, prepared from frozen, thick crust	160
26115123	Flounder, baked or broiled, made without fat	140		58106210	Pizza, cheese, from restaurant or fast food, NS as to type of crust	160
26115124	Flounder, baked or broiled, made with cooking spray	140		58106220	Pizza, cheese, from restaurant or fast food, thin crust	160
26115130	Flounder, coated, baked or broiled, made with oil	112		58106225	Pizza, cheese, from restaurant or fast food, regular crust	160
26115132	Flounder, coated, baked or broiled, made with margarine	120		58106230	Pizza, cheese, from restaurant or fast food, thick crust	160
26115133	Flounder, coated, baked or broiled, made without fat	116		58106233	Pizza, cheese, stuffed crust	160
26115140	Flounder, coated, fried, made with oil	100		58106235	Pizza, cheese, from school lunch, thin crust	160
26115141	Flounder, coated, fried, made with butter	108		58106236	Pizza, cheese, from school lunch, thick crust	160
26115160	Flounder, steamed or poached	140		58106250	Pizza, extra cheese, thin crust	160
26115190	Flounder, smoked	272		58106255	Pizza, extra cheese, regular crust	160
26117110	Haddock, cooked, NS as to cooking method	32		58106260	Pizza, extra cheese, thick crust	160
26117120	Haddock, baked or broiled, fat added in cooking	32		58106300	Pizza, cheese, with vegetables, prepared from frozen, thin crust	160

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26117121	Haddock, baked or broiled, fat not added in cooking	24		58106305	Pizza, cheese with vegetables, prepared from frozen, thick crust	160
26117130	Haddock, coated, baked or broiled, fat added in cooking	24		58106310	Pizza, cheese, with vegetables, NS as to type of crust	160
26117140	Haddock, coated, fried	24		58106320	Pizza, cheese, with vegetables, thin crust	160
26117160	Haddock, steamed or poached	32		58106325	Pizza, cheese, with vegetables, regular crust	160
26118020	Halibut, baked or broiled, made with oil	228		58106330	Pizza, cheese, with vegetables, thick crust	160
26118023	Halibut, baked or broiled, made without fat	236		58106345	Pizza with cheese and extra vegetables, thin crust	160
26118024	Halibut, baked or broiled, made with cooking spray	236		58106347	Pizza with cheese and extra vegetables, regular crust	160
26119110	Herring, cooked, NS as to cooking method	204		58106350	Pizza with cheese and extra vegetables, thick crust	160
26119120	Herring, baked or broiled, fat added in cooking	224		58106358	Pizza, cheese, with fruit, thin crust	160
26119121	Herring, baked or broiled, fat not added in cooking	212		58106359	Pizza, cheese, with fruit, regular crust	160
26119131	Herring, coated, baked or broiled, fat not added in cooking	172		58106360	Pizza, cheese, with fruit, thick crust	160
26119180	Herring, pickled	112		58106500	Pizza with meat, prepared from frozen, thin crust	160
26119190	Herring, smoked, kippered	88		58106505	Pizza with meat, prepared from frozen, thick crust	160
26121110	Mackerel, cooked, NS as to cooking method	672		58106540	Pizza with pepperoni, from restaurant or fast food, NS as to type of crust	160
26121120	Mackerel, baked or broiled, fat added in cooking	672		58106550	Pizza with pepperoni, from restaurant or fast food, thin crust	160

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26121121	Mackerel, baked or broiled, fat not added in cooking	692		58106555	Pizza with pepperoni, from restaurant or fast food, regular crust	160
26121140	Mackerel, coated, fried	472		58106560	Pizza with pepperoni, from restaurant or fast food, thick crust	160
26121180	Mackerel, canned	292		58106565	Pizza with pepperoni, stuffed crust	160
26123140	Mullet, coated, fried	64		58106570	Pizza with pepperoni, from school lunch, thin crust	160
26125110	Ocean perch, cooked, NS as to cooking method	60		58106580	Pizza with pepperoni, from school lunch, thick crust	160
26125120	Ocean perch, baked or broiled, fat added in cooking	60		58106610	Pizza with meat other than pepperoni, from restaurant or fast food, NS as to type of crust	160
26125121	Ocean perch, baked or broiled, fat not added in cooking	60		58106620	Pizza with meat other than pepperoni, from restaurant or fast food, thin crust	160
26125130	Ocean perch, coated, baked or broiled, fat added in cooking	52		58106625	Pizza with meat other than pepperoni, from restaurant or fast food, regular crust	160
26125140	Ocean perch, coated, fried	48		58106630	Pizza with meat other than pepperoni, from restaurant or fast food, thick crust	160
26125160	Ocean perch, steamed or poached	60		58106633	Pizza, with meat other than pepperoni, stuffed crust	160
26127120	Perch, baked or broiled, made with oil	148		58106635	Pizza, with meat other than pepperoni, from school lunch, thin crust	160
26127121	Perch, baked or broiled, made with butter	148		58106636	Pizza, with meat other than pepperoni, from school lunch, thick crust	160
26127123	Perch, baked or broiled, made without fat	152		58106640	Pizza with extra meat, NS as to type of crust	160
26127133	Perch, coated, baked or broiled, made without fat	124		58106650	Pizza with extra meat, thin crust	160
26127140	Perch, coated, fried, made with oil	120		58106655	Pizza with extra meat, regular crust	160

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26127141	Perch, coated, fried, made with butter	112		58106660	Pizza with extra meat, thick crust	160
26127143	Perch, coated, fried, made without fat	128		58106700	Pizza with meat and vegetables, prepared from frozen, thin crust	160
26127160	Perch, steamed or poached	152		58106705	Pizza with meat and vegetables, prepared from frozen, thick crust	160
26131100	Pompano, raw	440		58106720	Pizza with meat and vegetables, thin crust	160
26131110	Pompano, cooked, NS as to cooking method	540		58106725	Pizza with meat and vegetables, regular crust	160
26131120	Pompano, baked or broiled, fat added in cooking	584		58106730	Pizza with meat and vegetables, thick crust	160
26131121	Pompano, baked or broiled, fat not added in cooking	556		58106735	Pizza with extra meat and extra vegetables, NS as to type of crust	160
26131140	Pompano, coated, fried	380		58106736	Pizza with extra meat and extra vegetables, thin crust	160
26131160	Pompano, steamed or poached	552		58106737	Pizza with extra meat and extra vegetables, thick crust	160
26131190	Pompano, smoked	512		58106738	Pizza with extra meat and extra vegetables, regular crust	160
26133110	Porgy, cooked, NS as to cooking method	60		58106750	Pizza with meat and fruit, thin crust	160
26133120	Porgy, baked or broiled, fat added in cooking	68		58106755	Pizza with meat and fruit, regular crust	160
26133121	Porgy, baked or broiled, fat not added in cooking	60		58106760	Pizza with meat and fruit, thick crust	160
26133130	Porgy, coated, baked or broiled, fat added in cooking	52		58106820	Pizza with beans and vegetables, thin crust	160
26133140	Porgy, coated, fried	52		58107050	Pizza, no cheese, thin crust	160
26133160	Porgy, steamed or poached	60		58107100	Pizza, no cheese, thick crust	160

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26137100	Salmon, raw	436		58107220	White pizza, thin crust	240
26137110	Salmon, cooked, NS as to cooking method	532		58107230	White pizza, thick crust	240
26137120	Salmon, baked or broiled, made with oil	532		58108000	Calzone, with cheese, meatless	160
26137121	Salmon, baked or broiled, made with butter	536		58108010	Calzone, with meat and cheese	160
26137122	Salmon, baked or broiled, made with margarine	540		58108050	Pizza rolls	160
26137123	Salmon, baked or broiled, made without fat	548		58110110	Egg roll, meatless	4
26137124	Salmon, baked or broiled, made with cooking spray	548		58110120	Egg roll, with shrimp	4
26137130	Salmon, coated, baked or broiled, made with oil	412		58110130	Egg roll, with beef and/or pork	8
26137131	Salmon, coated, baked or broiled, made with butter	416		58110170	Egg roll, with chicken or turkey	8
26137133	Salmon, coated, baked or broiled, made without fat	432		58111110	Won ton (wonton), fried, filled with meat, poultry, or seafood	16
26137140	Salmon, coated, fried, made with oil	376		58111120	Won ton (wonton), fried, meatless	78
26137160	Salmon, steamed or poached	548		58111130	Won ton (wonton), fried, filled with meat, poultry, or seafood, and vegetable	8
26137170	Salmon, dried	1364		58111200	Puffs, fried, crab meat and cream cheese filled	20
26137180	Salmon, canned	600		58112510	Dumpling, steamed, filled with meat, poultry, or seafood	21
26137190	Salmon, smoked	684		58115110	Tamale casserole, Puerto Rican style (Tamales en cazuela)	12
26139110	Sardines, cooked	192		58116110	Meat turnover, Puerto Rican style (Pastelillo de carne; Empanadilla)	20

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26139180	Sardines, canned in oil	192		58116115	"Empanada, Mexican turnover, filled with cheese and vegetables	12
26139190	Sardines, skinless, boneless, packed in water	192		58116120	Empanada, Mexican turnover, filled with meat and vegetables	8
26141110	Sea bass, cooked, NS as to cooking method	272		58116130	Empanada, Mexican turnover, filled with chicken and vegetables	8
26141120	Sea bass, baked or broiled, fat added in cooking	276		58116210	Meat pie, Puerto Rican style (Pastelon de carne)	20
26141121	Sea bass, baked or broiled, fat not added in cooking	284		58116310	Cheese turnover, Puerto Rican style (Pastelillo de queso; Empanadilla)	20
26141140	Sea bass, coated, fried	224		58117110	Cornmeal fritter, Puerto Rican style (Arepá; P.R. arepita)	4
26141160	Sea bass, steamed or poached	280		58117410	Codfish fritter, Puerto Rican style (Bacalaitos fritos)	24
26143110	Shark, cooked, NS as to cooking method	28		58117510	Hayacas, Puerto Rican style (hominy, pork or ham, vegetables)	12
26143160	Shark, steamed or poached	32		58120110	Crepes, filled with meat, fish, or poultry, with sauce	32
26149110	Swordfish, cooked, NS as to cooking method	680		58120120	Crepe, filled with beef, pork, fish and/or poultry, no sauce on top	24
26149120	Swordfish, baked or broiled, fat added in cooking	680		58121510	Dumpling, meat-filled	12
26149121	Swordfish, baked or broiled, fat not added in cooking	700		58121610	Dumpling, potato- or cheese-filled	8
26149130	Swordfish, coated, baked or broiled, fat added in cooking	524		58122210	Gnocchi, cheese	16
26149140	Swordfish, coated, fried	476		58122220	Gnocchi, potato	12
26149160	Swordfish, steamed or poached	700		58122310	Knish, potato (pastry filled with potato)	51

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26151110	Trout, cooked, NS as to cooking method	776		58122320	Knish, cheese (pastry filled with cheese)	32
26151120	Trout, baked or broiled, made with oil	776		58122330	Knish, meat (pastry filled with meat)	28
26151121	Trout, baked or broiled, made with butter	780		58123110	Sweet bread dough, filled with meat, steamed	31
26151122	Trout, baked or broiled, made with margarine	784		58123120	Sweet bread dough, filled with bean paste, meatless, steamed	4
26151123	Trout, baked or broiled, made without fat	800		58124210	Pastry, cheese-filled	16
26151130	Trout, coated, baked or broiled, made with oil	600		58124220	Pastry, egg and cheese filled	20
26151133	Trout, coated, baked or broiled, made without fat	628		58124230	Pastry, meat / poultry-filled	32
26151140	Trout, coated, fried, made with oil	544		58124250	Spanakopitta	16
26151143	Trout, coated, fried, made without fat	648		58124500	Pastry, filled with potatoes and peas, fried	4
26151160	Trout, steamed or poached	800		58125110	Quiche with meat, poultry or fish	40
26151190	Trout, smoked	1132		58125120	Spinach quiche, meatless	36
26153100	Tuna, fresh, raw	68		58125180	Cheese quiche, meatless	44
26153110	Tuna, fresh, cooked, NS as to cooking method	84		58126110	Turnover, meat-filled, no gravy	4
26153120	Tuna, fresh, baked or broiled, fat added in cooking	84		58126130	Turnover, meat- and cheese-filled, no gravy	12
26153122	Tuna, fresh, baked or broiled, fat not added in cooking	84		58126140	Turnover, meat- and bean-filled, no gravy	4
26153130	Tuna, fresh, coated, baked or broiled, fat added in cooking	68		58126150	Turnover, meat- and cheese-filled, tomato-based sauce	8
26153140	Tuna, fresh, coated, fried	64		58126160	Turnover, cheese-filled, tomato-based sauce	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26153160	Tuna, fresh, steamed or poached	84	58126170	Turnover, meat-and vegetable- filled (no potatoes, no gravy)	4
26153170	Tuna, fresh, dried	212	58126180	Turnover, meat-, potato-, and vegetable-filled, no gravy	4
26155110	Tuna, canned, NS as to oil or water pack	188	58126270	Turnover, chicken- or turkey-, and cheese-filled, no gravy	12
26155190	Tuna, canned, water pack	48	58126280	Turnover, chicken- or turkey-, and vegetable-filled, lower in fat	4
26157110	Whiting, cooked, NS as to cooking method	56	58126290	Turnover, meat- and cheese-filled, lower in fat	8
26157120	Whiting, baked or broiled, made with oil	68	58126300	Turnover, meat- and cheese-filled, tomato-based sauce, lower in fat	4
26157121	Whiting, baked or broiled, made with butter	72	58126400	Turnover, filled with egg, meat and cheese	16
26157122	Whiting, baked or broiled, made with margarine	76	58127110	Vegetables in pastry	12
26157123	Whiting, baked or broiled, made without fat	72	58127150	Vegetables and cheese in pastry	12
26157124	Whiting, baked or broiled, made with cooking spray	72	58127210	Croissant sandwich, filled with ham and cheese	138
26157130	Whiting, coated, baked or broiled, made with oil	60	58127270	Croissant sandwich with sausage and egg	192
26157132	Whiting, coated, baked or broiled, made with margarine	68	58127310	Croissant sandwich with ham, egg, and cheese	220
26157133	Whiting, coated, baked or broiled, made without fat	60	58127330	Croissant sandwich with sausage, egg, and cheese	195
26157140	Whiting, coated, fried, made with oil	56	58127350	Croissant sandwich with bacon, egg, and cheese	222

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26158000	Tilapia, cooked, NS as to cooking method	152		58127500	Vegetable submarine sandwich, with fat free spread	120
26158010	Tilapia, baked or broiled, made with oil	152		58128000	Biscuit with gravy	8
26158011	Tilapia, baked or broiled, made with butter	152		58128120	Cornmeal dressing with chicken or turkey and vegetables	20
26158012	Tilapia, baked or broiled, made with margarine	156		58128210	Dressing with oysters	8
26158013	Tilapia, baked or broiled, made without fat	156		58128220	Dressing with chicken or turkey and vegetables	8
26158014	Tilapia, baked or broiled, made with cooking spray	156		58128250	Dressing with meat and vegetables	16
26158020	Tilapia, coated, baked or broiled, made with oil	148		58130011	Lasagna with meat	45
26158021	Tilapia, coated, baked or broiled, made with butter	124		58130013	Lasagna with meat, canned	45
26158023	Tilapia, coated, baked or broiled, made without fat	148		58130015	Lasagna with meat, home recipe	8
26158024	Tilapia, coated, baked or broiled, made with cooking spray	148		58130020	Lasagna with meat and spinach	45
26158030	Tilapia, coated, fried, made with oil	120		58130140	Lasagna with chicken or turkey	45
26158033	Tilapia, coated, fried, made without fat	132		58130150	Lasagna, with chicken or turkey, and spinach	45
26158050	Tilapia, steamed or poached	156		58130310	Lasagna, meatless	45
26203110	Frog legs, NS as to cooking method	53		58130320	Lasagna, meatless, with vegetables	45
26205110	Octopus, cooked, NS as to cooking method	8		58131100	Ravioli, NS as to filling, no sauce	45

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
26207110	Roe, shad, cooked	592	58131110	Ravioli, NS as to filling, with tomato sauce	45
26211100	Roe, sturgeon	116	58131310	Ravioli, meat-filled, no sauce	60
26213120	Squid, baked or broiled, fat added in cooking	4	58131320	Ravioli, meat-filled, with tomato sauce or meat sauce	45
26213140	Squid, coated, fried	8	58131323	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	45
26303110	Clams, cooked, NS as to cooking method	4	58131330	Ravioli, meat-filled, with cream sauce	45
26303120	Clams, baked or broiled, fat added in cooking	4	58131510	Ravioli, cheese-filled, no sauce	45
26303140	Clams, coated, fried	8	58131520	Ravioli, cheese-filled, with tomato sauce	45
26305120	Crab, baked or broiled, fat added in cooking	4	58131523	Ravioli, cheese-filled, with tomato sauce, canned	45
26305130	Crab, coated, baked or broiled, fat added in cooking	8	58131530	Ravioli, cheese-filled, with meat sauce	45
26307140	Crab, soft shell, coated, fried	8	58131535	Ravioli, cheese-filled, with cream sauce	45
26309140	Crayfish, coated, fried	8	58131590	Ravioli, cheese and spinach-filled, no sauce	45
26311140	Lobster, coated, fried	8	58131600	Ravioli, cheese and spinach-filled, with cream sauce	45
26313110	Mussels, cooked, NS as to cooking method	4	58131610	Ravioli, cheese and spinach filled, with tomato sauce	45
26315110	Oysters, cooked, NS as to cooking method	8	58132110	Spaghetti with tomato sauce, meatless	45
26315120	Oysters, baked or broiled, fat added in cooking	4	58132113	Pasta with tomato sauce and cheese, canned	45
26315140	Oysters, coated, fried	8	58132310	Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce	45

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
					or spaghetti with meat sauce and meatballs	
26315160	Oysters, coated, baked or broiled, fat added in cooking	8		58132313	Pasta with tomato sauce and meat or meatballs, canned	45
26317110	Scallops, cooked, NS as to cooking method	4		58132340	Spaghetti with tomato sauce and vegetables	45
26317120	Scallops, baked or broiled, fat added in cooking	4		58132350	Spaghetti with tomato sauce, meatless, whole wheat noodles	45
26317140	Scallops, coated, fried	8		58132360	Spaghetti with tomato sauce and meatballs, whole wheat noodles or spaghetti with meat sauce, whole wheat noodles or spaghetti with meat sauce and meatballs, whole wheat noodles	45
26317160	Scallops, coated, baked or broiled, fat added in cooking	8		58132450	Spaghetti with tomato sauce, meatless, made with spinach noodles	45
26319110	Shrimp, cooked, NS as to cooking method	12		58132460	Spaghetti with tomato sauce and meatballs made with spinach noodles, or spaghetti with meat sauce made with spinach noodles, or spaghetti with meat sauce and meatballs made with spinach noodles	45
26319120	Shrimp, baked or broiled, made with oil	4		58132710	Spaghetti with tomato sauce and frankfurters or hot dogs	45
26319121	Shrimp, baked or broiled, made with butter	8		58132713	Pasta with tomato sauce and frankfurters or hot dogs, canned	45
26319122	Shrimp, baked or broiled, made with margarine	12		58132800	Spaghetti with clam sauce, NS as to red or white	45
26319123	Shrimp, baked or broiled, made without fat	4		58132820	Spaghetti with white clam sauce	45

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26319124	Shrimp, baked or broiled, made with cooking spray	4	58132910	Spaghetti with tomato sauce and poultry	45
26319130	Shrimp, steamed or boiled	4	58133120	Manicotti, cheese-filled, with tomato sauce, meatless	45
26319140	Shrimp, coated, fried, made with oil	12	58134110	Stuffed shells, cheese-filled, no sauce	45
26319141	Shrimp, coated, fried, made with butter	16	58134120	Stuffed shells, cheese-filled, with tomato sauce, meatless	45
26319142	Shrimp, coated, fried, made with margarine	24	58134130	Stuffed shells, cheese-filled, with meat sauce	45
26319143	Shrimp, coated, fried, made without fat	12	58134160	Stuffed shells, cheese- and spinach- filled, no sauce	45
26319160	Shrimp, coated, baked or broiled, made with oil	8	58134210	Stuffed shells, with chicken, with tomato sauce	57
26319163	Shrimp, coated, baked or broiled, made without fat	12	58134610	Tortellini, meat-filled, with tomato sauce	45
26319164	Shrimp, coated, baked or broiled, made with cooking spray	12	58134620	Tortellini, cheese-filled, meatless, with tomato sauce	45
26321110	Snails, cooked, NS as to cooking method	4	58134640	Tortellini, cheese-filled, meatless, with vinaigrette dressing	45
27111000	Beef with tomato-based sauce (mixture)	24	58134650	Tortellini, meat-filled, no sauce	57
27111100	Beef goulash	33	58134660	Tortellini, cheese-filled, with cream sauce	45
27111200	Beef burgundy (beef bourguignonne)	29	58134680	Tortellini, cheese-filled, no sauce	45
27111300	Mexican style beef stew, no potatoes, tomato-based sauce (mixture) (Carne guisada sin papas)	33	58134710	Tortellini, spinach-filled, with tomato sauce	45
27111310	Mexican style beef stew, no potatoes,	25	58134720	Tortellini, spinach-filled, no sauce	67

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	with chili peppers, tomato-based sauce (mixture) (Carne guisada con chile)					
27111420	Chili con carne without beans	21		58135110	Chow fun noodles with meat and vegetables	45
27111430	Chili con carne, NS as to beans, with cheese	21		58135120	Chow fun noodles with vegetables, meatless	45
27111440	Chili con carne with beans and cheese	21		58136110	Lo mein, NFS	56
27111500	Beef sloppy joe (no bun)	19		58136120	Lo mein, meatless	45
27112000	Beef with gravy (mixture)	25		58136130	Lo mein, with shrimp	45
27112010	Salisbury steak with gravy (mixture)	25		58136140	Lo mein, with pork	62
27113000	Beef with cream or white sauce (mixture)	36		58136150	Lo mein, with beef	58
27113100	Beef stroganoff	20		58136160	Lo mein, with chicken	56
27113200	Creamed chipped or dried beef	48		58137220	Pad Thai, meatless	104
27113300	Swedish meatballs with cream or white sauce (mixture)	23		58137230	Pad Thai with chicken	56
27115000	Beef with soy-based sauce (mixture)	22		58137240	Pad Thai with seafood	45
27115100	Steak teriyaki with sauce (mixture)	33		58137250	Pad Thai with meat	59
27116100	Beef curry	24		58137300	Adobo (Filipino dish) with noodles	16
27116200	Beef with barbecue sauce (mixture)	41		58145110	Macaroni or noodles with cheese	45
27116300	Beef with sweet and sour sauce (mixture)	41		58145111	Macaroni or noodles with cheese, from restaurant	4
27116350	Stewed, seasoned, ground beef, Mexican style (Picadillo de carne de rez)	32		58145112	Macaroni or noodles with cheese, made from packaged mix	45
27118120	Stewed seasoned ground beef, Puerto Rican style	49		58145113	Macaroni or noodles with cheese, canned	45

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	(Picadillo guisado, picadillo de carne)					
27118130	Stewed dried beef, Puerto Rican style (Tasajo guisado, carne cecina guisada)	31		58145117	Macaroni or noodles with cheese, Easy Mac type	45
27118180	Puerto Rican style beef stew, meat with gravy (potatoes reported separately)	13		58145119	Macaroni or noodles with cheese, made from reduced fat packaged mix	45
27120020	Ham or pork with gravy (mixture)	36		58145120	Macaroni or noodles with cheese and tuna	45
27120030	Ham or pork with barbecue sauce (mixture)	56		58145135	Macaroni or noodles with cheese and meat	45
27120060	Sweet and sour pork	36		58145136	Macaroni or noodles with cheese and meat, prepared from Hamburger Helper mix	45
27120090	Ham or pork with (mushroom) soup (mixture)	36		58145140	Macaroni or noodles with cheese and tomato	45
27120100	Ham or pork with tomato-based sauce (mixture)	40		58145160	Macaroni or noodles with cheese and frankfurters or hot dogs	45
27120110	Sausage with tomato-based sauce (mixture)	40		58145170	Macaroni or noodles with cheese and egg	45
27120120	Sausage gravy	16		58145190	Macaroni or noodles with cheese and chicken or turkey	45
27120130	Mexican style pork stew, no potatoes, tomato-based sauce (mixture) (cerdo guisado sin papas)	44		58146100	Pasta with tomato sauce, meatless	45
27120150	Pork or ham with soy-based sauce (mixture)	47		58146110	Pasta with meat sauce	45
27120160	Pork curry	47		58146120	Pasta with cheese and meat sauce	45

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27120210	Frankfurter or hot dog, with chili, no bun	20		58146130	Pasta with carbonara sauce	45
27120250	Frankfurters or hot dogs with tomato-based sauce (mixture)	31		58146150	Pasta with cheese and tomato sauce, meatless	45
27121000	Pork with chili and tomatoes (mixture) (Puerco con chile)	40		58146160	Pasta with vegetables, no sauce or dressing	45
27121010	Stewed pork, Puerto Rican style	52		58147100	Pasta with pesto sauce	45
27121410	Chili con carne with beans, made with pork	4		58147110	Macaroni or noodles with beans or lentils and tomato sauce	45
27130010	Lamb or mutton with gravy (mixture)	4		58147310	Macaroni, creamed	45
27141000	Chicken or turkey cacciatore	16		58147330	Macaroni or noodles, creamed, with cheese	45
27141050	Stewed chicken with tomato-based sauce, Mexican style (mixture) (Pollo guisado con tomate)	23		58147340	Macaroni or noodles, creamed, with cheese and tuna	45
27142000	Chicken with gravy (mixture)	23		58147350	Macaroni, creamed, with vegetables	45
27142100	Chicken or turkey fricassee	16		58147510	Flavored pasta	45
27142200	Turkey with gravy (mixture)	14		58148110	Macaroni or pasta salad, made with mayonnaise	45
27143000	Chicken or turkey with cream sauce (mixture)	36		58148111	Macaroni or pasta salad, made with light mayonnaise	45
27144000	Chicken or turkey with (mushroom) soup (mixture)	20		58148112	Macaroni or pasta salad, made with mayonnaise-type salad dressing	45
27145000	Chicken or turkey teriyaki (chicken or turkey with soy-based sauce)	25		58148114	Macaroni or pasta salad, made with Italian dressing	45
27146000	Chicken or turkey with barbecue sauce, skin eaten	22		58148115	Macaroni or pasta salad, made with light Italian dressing	45

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27146010	Chicken or turkey with barbecue sauce, skin not eaten	27	58148116	Macaroni or pasta salad, made with creamy dressing	45
27146050	Chicken wing with hot pepper sauce	93	58148118	Macaroni or pasta salad, made with any type of fat free dressing	45
27146100	Sweet and sour chicken or turkey	18	58148120	Macaroni or pasta salad with egg	45
27146110	Sweet and sour chicken or turkey, without vegetables	18	58148130	Macaroni or pasta salad with tuna	45
27146150	Chicken curry	24	58148150	Macaroni or pasta salad with shrimp	45
27146160	Chicken with mole sauce	27	58148160	Macaroni or pasta salad with tuna and egg	45
27146200	Chicken or turkey with cheese sauce (mixture)	24	58148170	Macaroni or pasta salad with chicken	59
27146250	Chicken or turkey cordon bleu	16	58148180	Macaroni or pasta salad with cheese	45
27146300	Chicken or turkey parmigiana	16	58148550	Macaroni or pasta salad with meat	45
27146350	Orange chicken	18	58150110	Rice, fried, meatless	8
27146360	Sesame chicken	18	58150310	Rice, fried, NFS	8
27146400	Chicken kiev	40	58150320	Rice, fried, with chicken	4
27148010	Stuffed chicken, drumstick or breast, Puerto Rican style (Muslo de pollo o pechuga rellena)	78	58150330	Rice, fried, with pork	8
27150010	Fish with cream or white sauce, not tuna or lobster (mixture)	52	58150340	Rice, fried, with beef	8
27150060	Lobster newburg	40	58150510	Rice, fried, with shrimp	4
27150070	Lobster with butter sauce (mixture)	8	58150530	Adobo (Filipino dish) with rice	16
27150110	Shrimp cocktail (shrimp with cocktail sauce)	4	58151100	Sushi, NFS	32
27150160	Shrimp with lobster sauce (mixture)	8	58151130	Sushi, with vegetables and seafood	32

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27150170	Sweet and sour shrimp	4		58151150	Sushi, with seafood, no vegetables	128
27150190	Lobster sauce (broth-based)	20		58151190	Sushi roll (maki or temaki), eel	288
27150200	Oyster sauce (white sauce-based)	24		58151200	Sushi roll (maki or temaki), salmon	136
27150230	Shrimp scampi	12		58151220	Sushi roll (maki or temaki), tuna	16
27150250	Fish moochim (Korean style), dried fish with soy sauce	92		58151410	Sushi (Nigiri), topped with eel	408
27150310	Fish with tomato-based sauce (mixture)	92		58151420	Sushi (Nigiri), topped with salmon	196
27150320	Fish curry	4		58151440	Sushi (Nigiri), topped with tuna	24
27150350	Sardines with tomato-based sauce (mixture)	192		58151450	Sushi (Nigiri), topped with egg	36
27150410	Shrimp teriyaki (shrimp with soy-based sauce) (mixture)	4		58155110	Rice with chicken, Puerto Rican style (Arroz con Pollo)	4
27151030	Marinated fish (Ceviche)	200		58155310	Paella, Valenciana style, with meat (Paella Valenciana)	8
27151070	Stewed codfish, Puerto Rican style, no potatoes (potatoes reported separately)	16		58155320	Seafood paella, Puerto Rican style	20
27160010	Meat with barbecue sauce, NS as to type of meat (mixture)	48		58156310	Rice with Spanish sausage, Puerto Rican style	16
27160100	Meatballs, NS as to type of meat, with sauce (mixture)	36		58160000	Biryani with vegetables	4
27162010	Meat with tomato-based sauce (mixture)	8		58160110	Rice with beans	4
27162050	Spaghetti sauce with combination of meats, homemade	4		58160120	Rice with beans and tomatoes	4

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27162060	Spaghetti sauce with meat and vegetables, homemade	4		58160130	Rice with beans and chicken	4
27211000	Beef and potatoes, no sauce (mixture)	25		58160135	Rice with beans and beef	13
27211100	Beef stew with potatoes, tomato-based sauce (mixture)	20		58160140	Rice with beans and pork	20
27211110	Mexican style beef stew with potatoes, tomato-based sauce (mixture) (Carne guisada con papas)	29		58160150	Red beans and rice	4
27211190	Beef and potatoes with cream sauce, white sauce or mushroom soup-based sauce (mixture)	15		58160160	Hopping John (blackeye peas and rice)	4
27211200	Beef stew with potatoes, gravy	20		58161710	Rice croquette	8
27211300	Beef (roast) hash	19		58162090	Stuffed pepper, with meat	8
27211400	Corned beef hash	16		58162110	Stuffed pepper, with rice and meat	16
27211500	Beef and potatoes with cheese sauce (mixture)	60		58162120	Stuffed pepper, with rice, meatless	8
27211550	Stewed, seasoned, ground beef with potatoes, Mexican style (Picadillo de carne de rez con papas)	24		58162310	Rice pilaf	4
27212000	Beef and noodles, no sauce (mixture)	45		58163130	Dirty rice	4
27212050	Beef and macaroni with cheese sauce (mixture)	104		58163310	Flavored rice mixture	4
27212100	Beef and noodles with tomato-based sauce (mixture)	45		58163380	Flavored rice and pasta mixture	4

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27212150	Beef goulash with noodles	36		58163450	Spanish rice with ground beef	15
27212200	Beef and noodles with gravy (mixture)	36		58163510	Rice dressing	4
27212300	Beef and noodles with cream or white sauce (mixture)	36		58164500	Rice, white, with cheese and/or cream based sauce, NS as to fat added in cooking	12
27212350	Beef stroganoff with noodles	36		58164510	Rice, white, with cheese and/or cream based sauce, fat not added in cooking	12
27212400	Beef and noodles with (mushroom) soup (mixture)	19		58164520	Rice, white, with cheese and/or cream based sauce, fat added in cooking	12
27212500	Beef and noodles with soy-based sauce (mixture)	36		58164820	Rice, brown, with cheese and/or cream based sauce, fat added in cooking	12
27213000	Beef and rice, no sauce (mixture)	19		58165000	Rice, white, with vegetables, cheese and/or cream based sauce, NS as to fat added in cooking	12
27213010	Biryani with meat	4		58165010	Rice, white, with vegetables, cheese and/or cream based sauce, fat not added in cooking	12
27213100	Beef and rice with tomato-based sauce (mixture)	13		58165020	Rice, white, with vegetables, cheese and/or cream based sauce, fat added in cooking	12
27213120	Porcupine balls with tomato-based sauce (mixture)	16		58165410	Rice, brown, with vegetables, cheese and/or cream based sauce, fat not added in cooking	8
27213200	Beef and rice with gravy (mixture)	19		58301110	Vegetable lasagna (frozen meal)	4
27213300	Beef and rice with cream sauce (mixture)	19		58301150	Zucchini lasagna (diet frozen meal)	4
27213420	Porcupine balls with (mushroom) soup (mixture)	16		58302000	Macaroni and cheese (diet frozen meal)	27

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27213500	Beef and rice with soy-based sauce (mixture)	12		58302050	Beef and noodles with meat sauce and cheese (diet frozen meal)	27
27213600	Beef and rice with cheese sauce (mixture)	12		58304010	Spaghetti and meatballs dinner, NFS (frozen meal)	27
27214100	Meat loaf made with beef	34		58304050	Spaghetti with meat and mushroom sauce (diet frozen meal)	27
27214110	Meat loaf made with beef, with tomato-based sauce	28		58304060	Spaghetti with meat sauce (diet frozen meal)	27
27218210	Puerto Rican style beef stew with potatoes (Carne guisada con papas)	18		58304200	Ravioli, cheese-filled, with tomato sauce (diet frozen meal)	27
27220010	Meat loaf made with ham (not luncheon meat)	56		58304220	Rigatoni with meat sauce and cheese (diet frozen meal)	4
27220020	Ham and noodles with cream or white sauce (mixture)	36		58304230	Ravioli, cheese-filled, with vegetable and fruit (frozen meal)	27
27220050	Ham or pork with stuffing (mixture)	43		58305250	Pasta with vegetable and cheese sauce (diet frozen meal)	27
27220080	Ham croquette	40		58306070	Cheese enchilada (frozen meal)	4
27220110	Pork and rice with tomato-based sauce (mixture)	22		58306100	Chicken enchilada (diet frozen meal)	8
27220120	Sausage and rice with tomato-based sauce (mixture)	20		58310310	Pancakes and sausage (frozen meal)	20
27220190	Sausage and noodles with cream or white sauce (mixture)	41		58400000	Soup, NFS	45
27220210	Ham and noodles, no sauce (mixture)	41		58400100	Noodle soup, NFS	45
27220310	Ham or pork and rice, no sauce (mixture)	28		58400200	Rice soup, NFS	45

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27220510	Ham or pork and potatoes with gravy (mixture)	26		58401010	Barley soup, home recipe, canned, or ready-to-serve	45
27220520	Ham or pork and potatoes with cheese sauce (mixture)	56		58401200	Barley soup, sweet, with or without nuts, Asian Style	45
27221100	Stewed pig's feet, Puerto Rican style (Patitas de cerdo guisadas)	4		58402010	Beef noodle soup, canned or ready-to-serve	45
27221150	Mexican style pork stew, with potatoes, tomato-based sauce (mixture) (cerdo guisado con papas)	38		58402020	Beef dumpling soup, home recipe, canned or ready-to-serve	45
27235000	Meat loaf made with venison/deer	12		58402030	Beef rice soup, home recipe, canned or ready-to-serve	45
27241010	Chicken or turkey and potatoes with gravy (mixture)	36		58402100	Beef noodle soup, home recipe	18
27242000	Chicken or turkey and noodles, no sauce (mixture)	54		58403010	Chicken or turkey noodle soup, canned or ready-to-serve	45
27242200	Chicken or turkey and noodles with gravy (mixture)	36		58403040	Chicken or turkey noodle soup, home recipe	16
27242300	Chicken or turkey and noodles with cream or white sauce (mixture)	36		58403050	Chicken or turkey noodle soup, cream of, home recipe, canned, or ready-to-serve	45
27242310	Chicken or turkey and noodles with cheese sauce (mixture)	36		58403060	Chicken or turkey noodle soup, reduced sodium, canned or ready-to-serve	45
27242350	Chicken or turkey tetrazzini	36		58403100	Noodle and potato soup, Puerto Rican style	45
27242400	Chicken or turkey and noodles, tomato-based sauce (mixture)	36		58404010	Chicken or turkey rice soup, canned, or ready-to-serve	45
27242500	Chicken or turkey and noodles with	13		58404040	Chicken or turkey rice soup, reduced sodium,	45

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	soy-based sauce (mixture)				canned, prepared with water or ready-to-serve	
27243000	Chicken or turkey and rice, no sauce (mixture)	14		58404100	Rice and potato soup, Puerto Rican style	45
27243100	Biryani with chicken	4		58404500	Matzo ball soup	45
27243300	Chicken or turkey and rice with cream sauce (mixture)	20		58404510	Chicken or turkey soup with dumplings and potatoes, home recipe, canned, or ready-to-serve	45
27243400	Chicken or turkey and rice with (mushroom) soup (mixture)	18		58404520	Chicken or turkey soup with dumplings, home recipe, canned or ready-to-serve	45
27243500	Chicken or turkey and rice with tomato-based sauce (mixture)	18		58407010	Instant soup, noodle	45
27243600	Chicken or turkey and rice with soy-based sauce (mixture)	27		58407030	Soup, mostly noodles	45
27246100	Chicken or turkey with dumplings (mixture)	15		58407035	Soup, mostly noodles, reduced sodium	45
27246200	Chicken or turkey with stuffing (mixture)	28		58408010	Won ton (wonton) soup	45
27246300	Chicken or turkey cake, patty, or croquette	28		58408500	Noodle soup with vegetables, Asian style	45
27246500	Meat loaf made with chicken or turkey	28		58409000	Noodle soup, with fish ball, shrimp, and dark green leafy vegetable	45
27246505	Meat loaf made with chicken or turkey, with tomato-based sauce	16		58421000	Sopa seca (dry soup), Mexican style, NFS	45
27250030	Codfish ball or cake	36		58421010	Sopa Seca de Fideo, Mexican style, made with dry noodles, home recipe	4
27250040	Crab cake	12		58421060	Sopa seca de arroz (dry rice soup), Mexican style, home recipe	4

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27250050	Fish cake or patty, NS as to fish	32		58421080	Sopa de tortilla, Mexican style tortilla soup, home recipe	16
27250070	Salmon cake or patty	284		58503020	Macaroni, tomatoes, and beef, baby food, junior	14
27250110	Scallops and noodles with cheese sauce (mixture)	20		58503050	Macaroni with beef and tomato sauce, baby food, toddler	15
27250120	Shrimp and noodles, no sauce (mixture)	23		58509020	Spaghetti, tomato sauce, and beef, baby food, junior	13
27250122	Shrimp and noodles with gravy (mixture)	23		59003000	Meat substitute, cereal- and vegetable protein-based, fried	104
27250124	Shrimp and noodles with (mushroom) soup (mixture)	23		61113500	Lemon pie filling	71
27250126	Shrimp and noodles with cream or white sauce (mixture)	24		61201010	Grapefruit juice, 100%, freshly squeezed	46
27250128	Shrimp and noodles with soy-based sauce (mixture)	23		61201020	Grapefruit juice, 100%, NS as to form	46
27250130	Shrimp and noodles with cheese sauce (mixture)	24		61201220	Grapefruit juice, 100%, canned, bottled or in a carton	46
27250132	Shrimp and noodles with tomato sauce (mixture)	23		61204000	Lemon juice, 100%, NS as to form	42
27250150	Tuna loaf	180		61204010	Lemon juice, 100%, freshly squeezed	42
27250160	Tuna cake or patty	156		61204200	Lemon juice, 100%, canned or bottled	42
27250220	Oyster fritter	12		61204600	Lemon juice, frozen	42
27250250	Flounder with crab stuffing	96		61207000	Lime juice, 100%, NS as to form	42
27250400	Shrimp cake or patty	12		61207010	Lime juice, 100%, freshly squeezed	42
27250410	Shrimp with crab stuffing	12		61207200	Lime juice, 100%, canned or bottled	42
27250520	Seafood restructured	28		61210000	Orange juice, 100%, NFS	46
27250610	Tuna noodle casserole with	108		61210010	Orange juice, 100%, freshly squeezed	46

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	cream or white sauce					
27250630	Tuna noodle casserole with (mushroom) soup	96		61210220	Orange juice, 100%, canned, bottled or in a carton	46
27250710	Tuna and rice with (mushroom) soup (mixture)	68		61210250	Orange juice, 100%, with calcium added, canned, bottled or in a carton	46
27250810	Fish and rice with tomato-based sauce	48		61210620	Orange juice, 100%, frozen, reconstituted	46
27250830	Fish and rice with (mushroom) soup	48		61210820	Orange juice, 100%, with calcium added, frozen, reconstituted	46
27250950	Shellfish mixture and noodles, tomato-based sauce (mixture)	45		61213000	Tangerine juice, NFS	46
27260010	Meat loaf, NS as to type of meat	38		61213220	Tangerine juice, 100%	46
27260050	Meatballs, with breading, NS as to type of meat, with gravy	14		61213620	Tangerine juice, frozen (reconstituted with water)	42
27260080	Meat loaf made with beef and pork	19		61213800	Fruit juice blend, citrus, 100% juice	46
27260090	Meat loaf made with beef, veal and pork	41		61213900	Fruit juice blend, citrus, 100% juice, with calcium added	46
27260100	Meat loaf made with beef and pork, with tomato-based sauce	33		63101500	Apple, fried	4
27260510	Liver dumpling	56		63107210	Banana, ripe, fried	8
27311110	Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	16		63107410	Banana, batter-dipped, fried	8
27311120	Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	16		63402960	Fruit salad (excluding citrus fruits) with whipped cream	8

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27311220	Corned beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	12		63402990	Fruit salad (including citrus fruits) with pudding	12
27311310	Beef stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce	12		63403000	Fruit salad (excluding citrus fruits) with pudding	12
27311320	Beef stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	12		63403020	Fruit salad (including citrus fruit) with whipped cream	8
27311410	Beef stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy	13		64100100	Fruit juice, NFS	46
27311420	Beef stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy	13		64100110	Fruit juice blend, 100% juice	46
27311510	Shepherd's pie with beef	4		64100200	Cranberry juice blend, 100% juice	46
27311600	Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	12		64100220	Cranberry juice blend, 100% juice, with calcium added	46
27311610	Beef, potatoes, and vegetables	15		64101010	Apple cider	46

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	(including carrots, broccoli, and/or dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)					
27311620	Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	15		64104010	Apple juice, 100%	46
27311625	Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	13		64104030	Apple juice, 100%, with calcium added	46
27311630	Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	23		64104600	Blackberry juice, 100%	46
27311640	Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	13		64105400	Cranberry juice, 100%, not a blend	46
27313010	Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	32		64116020	Grape juice, 100%	46
27313020	Beef, noodles, and vegetables	32		64116060	Grape juice, 100%, with calcium added	46

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	(excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)					
27313110	Beef chow mein or chop suey with noodles	32		64120010	Papaya juice, 100%	46
27313150	Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	32		64121000	Passion fruit juice, 100%	46
27313160	Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	32		64124020	Pineapple juice, 100%	46
27313210	Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	32		64126000	Pomegranate juice, 100%	46
27313220	Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	32		64132010	Prune juice, 100%	46
27313410	Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	32		64132500	Strawberry juice, 100%	46
27313420	Beef, noodles, and vegetables (excluding carrots,	32		64133100	Watermelon juice, 100%	46

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	broccoli, and dark-green leafy), gravy (mixture)					
27315010	Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	15		64134000	Fruit smoothie drink, made with fruit or fruit juice only (no dairy products)	46
27315020	Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	15		64134015	Fruit smoothie, with whole fruit (no dairy)	46
27315210	Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	12		64134020	Fruit smoothie, with whole fruit (no dairy), added protein	46
27315220	Beef, rice, and vegetables (excluding carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	12		64134030	Fruit smoothie juice drink (no dairy)	46
27315250	Stuffed cabbage rolls with beef and rice	12		64134100	Fruit smoothie, light	46
27315270	Stuffed grape leaves with beef and rice	13		64134200	Fruit smoothie, bottled	46
27315320	Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)	8		64200100	Fruit nectar, NFS	46
27315340	Beef, rice, and vegetables (excluding carrots,	14		64201010	Apricot nectar	46

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	broccoli, and dark-green leafy), cheese sauce (mixture)					
27315410	Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	12		64202010	Cantaloupe nectar	46
27315420	Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	4		64203020	Guava nectar	46
27315510	Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	14		64204010	Mango nectar	46
27315520	Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	14		64205010	Peach nectar	46
27317010	Beef pot pie	14		64210010	Papaya nectar	46
27320025	Ham or pork, noodles and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	20		64213010	Passion fruit nectar	46
27320027	Ham or pork, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	20		64215010	Pear nectar	46

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27320030	Ham or pork, noodles and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	60	64221010	Soursop (Guanabana) nectar	46
27320040	Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	19	67404070	Apple yogurt dessert, baby food, strained	84
27320070	Ham or pork, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	21	67404500	Mixed fruit yogurt dessert, baby food, strained	84
27320080	Sausage, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	27	67408010	Banana pudding, baby food, strained	4
27320090	Sausage, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce	16	67408500	Banana yogurt dessert, baby food, strained	84
27320100	Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	16	67413700	Peach yogurt dessert, baby food, strained	84
27320110	Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-	8	67414010	Pineapple dessert, baby food, strained	12

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	green leafy), tomato-based sauce (mixture)					
27320130	Sausage, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	16		67430500	Yogurt and fruit snack, baby food	4
27320150	Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	8		67501000	Apples and chicken, baby food, strained	14
27320210	Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	19		67501100	Apples with ham, baby food, strained	20
27320310	Pork chow mein or chop suey with noodles	18		71204000	Potato puffs, cheese-filled	314
27320320	Pork, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	25		71220000	Vegetable chips	314
27320330	Pork, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	24		71301020	White potato, cooked, with cheese	16
27320350	Pork, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy),	24		71301021	White potato, cooked, with cheese, fat not added in cooking	12

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	tomato-based sauce (mixture)					
27320410	Ham, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	31		71301120	White potato, cooked, with ham and cheese	16
27320450	Ham, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	31		71305010	White potato, scalloped	20
27341000	Chicken or turkey, potatoes, corn, and cheese, with gravy	18		71305011	White potato, scalloped, fat not added in cooking	16
27341010	Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	18		71305110	White potato, scalloped, with ham	20
27341020	Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	18		71402500	White potato, french fries, with cheese	156
27341025	Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	13		71402505	White potato, french fries, with cheese and bacon	148
27341030	Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-	17		71402510	White potato, french fries, with chili and cheese	52

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	green leafy), gravy (mixture)					
27341035	Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	17		71402520	White potato, french fries, with chili con carne	4
27341040	Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	17		71405100	White potato, hash brown, with cheese	4
27341045	Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), cheese sauce (mixture)	12		71410500	White potato skins, with adhering flesh, fried, with cheese	4
27341050	Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	17		71411000	White potato skins, with adhering flesh, fried, with cheese and bacon	12
27341055	Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy),	15		71501000	White potato, mashed, NFS	8

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	tomato-based sauce (mixture)					
27341060	Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	15		71501007	White potato, mashed, ready to eat	4
27341310	Chicken or turkey stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy	14		71501010	White potato, from fresh, mashed, made with milk	4
27341320	Chicken or turkey stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy	14		71501015	White potato, from fresh, mashed, made with milk, and sour cream and/or cream cheese	4
27341510	Chicken or turkey stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce	15		71501020	White potato, from fresh, mashed, made with milk and fat	8
27341520	Chicken or turkey stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	15		71501025	White potato, from fresh, mashed, made with milk, and sour cream and/or cream cheese and fat	8
27343010	Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or	36		71501030	White potato, from fresh, mashed, made with fat	4

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	dark-green leafy), no sauce (mixture)					
27343020	Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	36		71501040	White potato, from dry, mashed, made with milk and fat	16
27343410	Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	36		71501050	White potato, from fresh, mashed, made with milk, fat and cheese	24
27343420	Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	36		71501055	White potato, from fresh, mashed, made with sour cream and/or cream cheese and fat	8
27343470	Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	36		71501060	White potato, from dry, mashed, made with milk, fat and egg	56
27343480	Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and/or dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	36		71501070	White potato, from dry, mashed, made with milk, fat, egg and cheese	28

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27343510	Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	36		71501090	White potato, from dry, mashed, made with milk, no fat	12
27343520	Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	36		71501300	White potato, from dry, mashed, NS as to milk or fat	16
27343910	Chicken or turkey chow mein or chop suey with noodles	36		71501310	White potato, from fresh, mashed, NS as to milk or fat	20
27343950	Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), cheese sauce (mixture)	40		71503010	White potato, patty	20
27343960	Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	40		71507005	White potato, stuffed, baked, peel not eaten, stuffed with butter or margarine	12
27345010	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	12		71507010	White potato, stuffed, baked, peel not eaten, stuffed with sour cream	8
27345020	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-	12		71507020	White potato, stuffed, baked, peel not eaten, stuffed with cheese	68

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	green leafy), no sauce (mixture)					
27345210	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	10		71507040	White potato, stuffed, baked, peel not eaten, stuffed with broccoli and cheese sauce	4
27345220	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	11		71507050	White potato, stuffed, baked, peel not eaten, stuffed with meat in cream sauce	4
27345230	Chicken or turkey, rice, corn, and cheese, with gravy	12		71508000	White potato, stuffed, baked, peel eaten, NS as to topping	4
27345310	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	8		71508005	White potato, stuffed, baked, peel eaten, stuffed with butter or margarine	8
27345320	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	12		71508010	White potato, stuffed, baked, peel eaten, stuffed with sour cream	4
27345410	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)	12		71508020	White potato, stuffed, baked, peel eaten, stuffed with cheese	56
27345420	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-	12		71508040	White potato, stuffed, baked, peel eaten, stuffed with broccoli and cheese sauce	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	green leafy), cream sauce, white sauce, or mushroom soup-based sauce (mixture)					
27345440	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), cheese sauce (mixture)	12		71508050	White potato, stuffed, baked, peel eaten, stuffed with meat in cream sauce	4
27345450	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	16		71508060	White potato, stuffed, baked, peel eaten, stuffed with bacon and cheese	52
27345510	Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	11		71508070	White potato, stuffed, baked, peel not eaten, stuffed with bacon and cheese	64
27345520	Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	11		71600950	Potato salad with egg, from restaurant	12
27347100	Chicken or turkey pot pie	12		71601010	Potato salad with egg, made with mayonnaise	156
27347240	Chicken or turkey, dumplings, and vegetables (including carrots, broccoli, and/or dark green leafy), gravy (mixture)	4		71601015	Potato salad with egg, made with light mayonnaise	156
27347250	Chicken or turkey, dumplings, and vegetables	12		71601020	Potato salad with egg, made with mayonnaise-type salad dressing	156

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	(excluding carrots, broccoli, and dark green leafy), gravy (mixture)					
27348100	Chicken fricassee, Puerto Rican style (Fricase de pollo)	21		71601025	Potato salad with egg, made with light mayonnaise-type salad dressing	156
27350030	Seafood stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-base sauce	12		71601035	Potato salad with egg, made with light creamy dressing	156
27350050	Shrimp chow mein or chop suey with noodles	32		71601040	Potato salad with egg, made with Italian dressing	12
27350060	Shrimp creole, with rice	4		71601050	Potato salad with egg, made with any type of fat free dressing	156
27350070	Tuna pot pie	64		71701000	Potato pancake	12
27350080	Tuna noodle casserole with vegetables, cream or white sauce	68		71702000	Potato pudding	32
27350090	Fish, noodles, and vegetables (including carrots, broccoli, and/or dark green leafy), cheese sauce (mixture)	28		71703000	Stewed potatoes, Mexican style (Papas guisadas)	4
27350100	Fish, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	28		71801000	Potato soup, NS as to made with milk or water	45
27350110	Bouillabaisse	140		71801010	Potato soup, cream of, prepared with milk	45
27350310	Seafood stew with potatoes and vegetables (including carrots,	12		71801020	Potato soup, prepared with water	45

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	broccoli, and/or dark-green leafy), tomato-base sauce					
27350410	Tuna noodle casserole with vegetables and (mushroom) soup	80		71801100	Potato and cheese soup	45
27351020	Codfish salad, Puerto Rican style (Gazpacho de bacalao)	16		71803010	Potato chowder	45
27351030	Stewed codfish, Puerto Rican style (Bacalao guisado)	12		71945020	Yam buns, Puerto Rican style (Bunuelos de name)	12
27360010	Goulash, NFS	33		71980200	Taro chips	314
27360090	Paella, NFS	4		72116220	Escarole, cooked, fat added in cooking, NS as to type of fat	4
27360120	Chow mein or chop suey, various types of meat, with noodles	27		72119200	Kale, cooked, NS as to form, NS as to fat added in cooking	4
27361010	Stewed variety meats, Puerto Rican style (mostly liver) (Gandinga)	20		72119221	Kale, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27362000	Stewed tripe, Puerto Rican style, with potatoes (Mondongo)	4		72119222	Kale, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27363000	Gumbo with rice (New Orleans type with shellfish, pork, and/or poultry, tomatoes, okra, rice)	4		72122200	Mustard greens, cooked, NS as to form, NS as to fat added in cooking	4
27363100	Jambalaya with meat and rice	45		72122201	Mustard greens, cooked, from fresh, NS as to fat added in cooking	4
27410210	Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	14		72122202	Mustard greens, cooked, from frozen, NS as to fat added in cooking	4

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27410220	Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	13		72122203	Mustard greens, cooked, from canned, NS as to fat added in cooking	4
27410250	Beef shish kabob with vegetables, excluding potatoes	23		72122211	Mustard greens, cooked, from fresh, fat not added in cooking	4
27411100	Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	14		72122213	Mustard greens, cooked, from canned, fat not added in cooking	4
27411120	Swiss steak	26		72122221	Mustard greens, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27411150	Beef rolls, stuffed with vegetables or meat mixture, tomato-based sauce	34		72122222	Mustard greens, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27411200	Beef with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	17		72122223	Mustard greens, cooked, from canned, fat added in cooking, NS as to type of fat	4
27414100	Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), (mushroom) soup (mixture)	15		72125219	Spinach, cooked, from fresh, made with margarine	4
27414200	Beef with vegetables (excluding carrots,	15		72125226	Spinach, cooked, from frozen, made with margarine	4

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	broccoli, and dark-green leafy (no potatoes)), (mushroom) soup (mixture)					
27415100	Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	15		72125229	Spinach, cooked, from canned, made with margarine	4
27415110	Beef and broccoli	15		72125230	Spinach, NS as to form, creamed	20
27415140	Hunan beef	4		72125231	Spinach, from fresh, creamed	20
27415150	Beef chow mein or chop suey, no noodles	15		72125232	Spinach, from frozen, creamed	20
27415200	Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	15		72125240	Spinach souffle	51
27415220	Beef, tofu, and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	104		72125250	Spinach, cooked, NS as to form, with cheese sauce	16
27416150	Pepper steak	30		72125253	Spinach, cooked, from canned, with cheese sauce	16
27416200	Beef, ground, with egg and onion (mixture)	39		72125260	Spinach and cheese casserole	64
27416250	Beef salad	30		72126001	Taro leaves, cooked, fat added in cooking	4

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27416300	Beef taco filling: beef, cheese, tomato, taco sauce	15		72128200	Turnip greens, cooked, NS as to form, NS as to fat added in cooking	4
27416450	Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), gravy (mixture)	16		72128201	Turnip greens, cooked, from fresh, NS as to fat added in cooking	4
27416500	Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), gravy (mixture)	14		72128203	Turnip greens, cooked, from canned, NS as to fat added in cooking	4
27418210	Puerto Rican style beef stew with vegetables, excluding potatoes (Carne a la Judia)	18		72128210	Turnip greens, cooked, NS as to form, fat not added in cooking	4
27418410	Beef steak with onions, Puerto Rican style (mixture) (Biftec encebollado)	32		72128211	Turnip greens, cooked, from fresh, fat not added in cooking	4
27420010	Cabbage with ham hocks (mixture)	22		72128213	Turnip greens, cooked, from canned, fat not added in cooking	4
27420020	Ham or pork salad	52		72128220	Turnip greens, cooked, NS as to form, fat added in cooking, NS as to type of fat	4
27420060	Pork and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	30		72128221	Turnip greens, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27420080	Greens with ham or pork (mixture)	4		72128222	Turnip greens, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27420100	Pork, tofu, and vegetables (including carrots,	104		72128223	Turnip greens, cooked, from canned, fat added in	4

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	broccoli, and/or dark-green leafy (no potatoes)), soy-base sauce (mixture)				cooking, NS as to type of fat	
27420110	Pork and vegetables, Hawaiian style (mixture)	27		72133199	Sweet potato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked, NS as to fat added in cooking	4
27420160	Moo Shu (Mu Shi) Pork, without Chinese pancake	75		72133201	Sweet potato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked, fat added in cooking	4
27420170	Pork and onions with soy-based sauce (mixture)	34		72201225	Broccoli, cooked, from fresh, made with margarine	4
27420200	Pork hash, Hawaiian style-ground pork, vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce	48		72201228	Broccoli, cooked, from frozen, made with margarine	4
27420250	Ham and vegetables (including carrots, broccoli, and/or dark- green leafy (no potatoes)), no sauce (mixture)	28		72201230	Broccoli, cooked, NS as to form, with cheese sauce	16
27420270	Ham and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	34		72201231	Broccoli, cooked, from fresh, with cheese sauce	16
27420350	Pork and vegetables (excluding carrots, broccoli, and dark-green leafy (no	30		72201232	Broccoli, cooked, from frozen, with cheese sauce	12

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	potatoes)), no sauce (mixture)					
27420370	Pork, tofu, and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	104		72201250	Broccoli, cooked, NS as to form, with cream sauce	20
27420390	Pork chow mein or chop suey, no noodles	21		72201251	Broccoli, cooked, from fresh, with cream sauce	20
27420400	Pork and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	41		72201252	Broccoli, cooked, from frozen, with cream sauce	20
27420410	Pork and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	42		72202010	Broccoli casserole (broccoli, noodles, and cream sauce)	8
27420450	Sausage and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	24		72202020	Broccoli casserole (broccoli, rice, cheese, and mushroom sauce)	48
27420460	Sausage and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	24		72202030	Broccoli, batter-dipped and fried	8

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27420470	Sausage and peppers, no sauce (mixture)	34		72203010	Broccoli, chinese, cooked, NS as to form, NS as to fat added in cooking	4
27420500	Pork and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	18		72302000	Broccoli soup, prepared with milk, home recipe, canned or ready-to-serve	45
27420510	Pork and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	20		72302020	Broccoli soup, prepared with water, home recipe, canned, or ready-to-serve	45
27420520	Pork shish kabob with vegetables, excluding potatoes	32		72302100	Broccoli cheese soup, prepared with milk, home recipe, canned, or ready-to-serve	45
27422010	Pork chop stewed with vegetables, Puerto Rican style (mixture) (Chuletas a la jardinera)	31		72306000	Watercress broth with shrimp	45
27430500	Veal goulash with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-base sauce	34		72307000	Spinach soup	45
27430610	Lamb shish kabob with vegetables, excluding potatoes	4		72308000	Dark-green leafy vegetable soup with meat, Asian style	45
27440110	Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	12		72308500	Dark-green leafy vegetable soup, meatless, Asian style	45

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27440120	Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	12		73102202	Carrots, cooked, from frozen, NS as to fat added in cooking	4
27440130	Chicken or turkey shish kabob with vegetables, excluding potatoes	12		73102203	Carrots, cooked, from canned, NS as to fat added in cooking	4
27442110	Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), gravy (mixture)	12		73102219	Carrots, cooked, from fresh, made with margarine	4
27442120	Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), gravy (mixture)	12		73102222	Carrots, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27443110	Chicken or turkey a la king with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), cream, white, or soup-based sauce	32		73102223	Carrots, cooked, from canned, fat added in cooking, NS as to type of fat	4
27443120	Chicken or turkey a la king with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), cream, white, or soup-based sauce	24		73102226	Carrots, cooked, from frozen, made with margarine	4

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27443150	Chicken or turkey divan	12		73102229	Carrots, cooked, from canned, made with margarine	4
27445110	Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	16		73102230	Carrots, cooked, NS as to form, creamed	24
27445120	Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	20		73102231	Carrots, cooked, from fresh, creamed	20
27445125	Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	18		73102233	Carrots, cooked, from canned, creamed	24
27445130	Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	15		73102241	Carrots, cooked, from fresh, glazed	4
27445150	General Tso chicken	13		73102242	Carrots, cooked, from frozen, glazed	4
27445180	Moo Goo Gai Pan	20		73102243	Carrots, cooked, from canned, glazed	4
27445220	Kung pao chicken	22		73105010	Carrot juice, 100%	46
27445250	Almond chicken	11		73111235	Peas and carrots, cooked, from canned, made with margarine	4

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27446100	Chicken or turkey chow mein or chop suey, no noodles	22		73304010	Squash fritter or cake	20
27446200	Chicken or turkey salad, made with mayonnaise	27		73305010	Squash, winter, baked with cheese	8
27446205	Chicken or turkey salad with nuts and/or fruits	7		73305020	Squash, winter, souffle	16
27446220	Chicken or turkey salad with egg	17		73401000	Sweet potato, NFS	4
27446225	Chicken or turkey salad, made with light mayonnaise	17		73402000	Sweet potato, baked, peel eaten, NS as to fat added in cooking	4
27446230	Chicken or turkey salad, made with mayonnaise-type salad dressing	17		73402020	Sweet potato, baked, peel eaten, fat added in cooking, NS as to type of fat	4
27446235	Chicken or turkey salad, made with light mayonnaise-type salad dressing	17		73402023	Sweet potato, baked, peel eaten, made with margarine	4
27446240	Chicken or turkey salad, made with creamy dressing	17		73403000	Sweet potato, baked, peel not eaten, NS as to fat added in cooking	4
27446245	Chicken or turkey salad, made with light creamy dressing	17		73403020	Sweet potato, baked, peel not eaten, fat added in cooking, NS as to type of fat	4
27446260	Chicken or turkey salad, made with any type of fat free dressing	17		73403023	Sweet potato, baked, peel not eaten, made with margarine	4
27446300	Chicken or turkey garden salad (chicken and/or turkey, tomato and/or carrots, other vegetables), no dressing	12		73405023	Sweet potato, boiled, peel not eaten, made with margarine	4
27446310	Chicken or turkey garden salad (chicken and/or turkey, other	14		73406000	Sweet potato, candied	4

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	vegetables excluding tomato and carrots), no dressing					
27446315	Chicken or turkey garden salad with bacon and cheese (chicken and/or turkey, bacon, cheese, lettuce and/or greens, tomato and/or carrots, other vegetables), no dressing	12		73409000	Sweet potato, casserole or mashed	8
27446320	Chicken or turkey (breaded, fried) garden salad with bacon and cheese (chicken and/or turkey, bacon, cheese, lettuce and/or greens, tomato and/or carrots, other vegetables), no dressing	11		73410210	Sweet potato, chips	314
27446330	Chicken or turkey garden salad with cheese (chicken and/or turkey, cheese, lettuce and/or greens, tomato and/or carrots, other vegetables), no dressing	12		73501000	Carrot soup, cream of, prepared with milk, home recipe, canned or ready-to-serve	45
27446350	Asian chicken or turkey garden salad (chicken and/or turkey, lettuce, fruit, nuts), no dressing	12		73502000	Squash, winter type, soup, home recipe, canned, or ready-to-serve	45
27446355	Asian chicken or turkey garden salad	12		74202050	Tomatoes, red, NS as to form, fried	12

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	with crispy noodles (chicken and/or turkey, lettuce, fruit, nuts, crispy noodles), no dressing					
27446360	Chicken or turkey caesar garden salad (chicken and/or turkey, lettuce, tomato, cheese), no dressing	12		74202051	Tomatoes, red, from fresh, fried	12
27446362	Chicken or turkey (breaded, fried) caesar garden salad (chicken and/or turkey, lettuce, tomatoes, cheese), no dressing	12		74203010	Tomatoes, NS as to form, scalloped	4
27446400	Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), cheese sauce (mixture)	20		74205010	Tomatoes, green, cooked, NS as to form	12
27446410	Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), cheese sauce (mixture)	16		74205011	Tomatoes, green, cooked, from fresh	12
27448020	Chicken or turkey fricassee, with sauce, no potatoes, Puerto Rican style (potatoes reported separately)	4		74301100	Tomato juice, 100%	46
27450020	Lobster salad	8		74301150	Tomato juice, 100%, low sodium	46
27450030	Salmon salad	296		74302000	Tomato juice cocktail	46
27450060	Tuna salad, made with mayonnaise	100		74303000	Tomato and vegetable juice, 100%	46

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27450061	Tuna salad, made with light mayonnaise	100		74303100	Tomato and vegetable juice, 100%, low sodium	46
27450062	Tuna salad, made with mayonnaise-type salad dressing	100		74304000	Tomato juice with clam or beef juice	46
27450063	Tuna salad, made with light mayonnaise-type salad dressing	100		74402350	Salsa verde or salsa, green	4
27450065	Tuna salad, made with light creamy dressing	24		74404090	Vodka flavored pasta sauce made with tomatoes and cream	8
27450066	Tuna salad, made with Italian dressing	100		74410110	Puerto Rican seasoning with ham	4
27450067	Tuna salad, made with light Italian dressing	100		74415110	Puerto Rican seasoning with ham and tomato sauce	8
27450068	Tuna salad, made with any type of fat free dressing	100		74601000	Tomato soup, NFS	45
27450090	Tuna salad with cheese	88		74601010	Tomato soup, cream of, prepared with milk	45
27450100	Tuna salad with egg	92		74602010	Tomato soup, prepared with water, or ready-to-serve	45
27450110	Shrimp garden salad (shrimp, lettuce, eggs, tomato and/or carrots, other vegetables), no dressing	12		74602050	Tomato soup, instant type, prepared with water	45
27450130	Crab salad made with imitation crab	20		74602200	Tomato soup, canned, reduced sodium, prepared with water, or ready-to-serve	45
27450250	Oysters Rockefeller	4		74602300	Tomato soup, canned, reduced sodium, prepared with milk	45
27450400	Shrimp and vegetables (including carrots, broccoli, and/or	4		74603010	Tomato beef soup, prepared with water	45

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	dark-green leafy (no potatoes)), no sauce (mixture)					
27450405	Shrimp and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	4		74604010	Tomato beef noodle soup, prepared with water	45
27450430	Shrimp shish kabob with vegetables, excluding potatoes	4		74604100	Tomato beef rice soup, prepared with water	45
27450450	Shrimp creole, no rice	4		74604500	Tomato noodle soup, canned, prepared with water or ready-to-serve	45
27450470	Kung Pao shrimp	4		74604600	Tomato noodle soup, canned, prepared with milk	45
27450650	Shellfish mixture and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), (mushroom) soup (mixture)	12		74605010	Tomato rice soup, prepared with water	45
27450660	Shellfish mixture and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), (mushroom) soup (mixture)	12		74606010	Tomato vegetable soup, prepared with water	45
27450700	Fish and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	72		74606020	Tomato vegetable soup with noodles, prepared with water	45
27450710	Fish and vegetables (excluding carrots,	72		75115000	Mushrooms, raw	20

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)					
27450740	Fish and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	60		75132000	Mixed vegetable juice (vegetables other than tomato)	46
27450750	Fish and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	24		75132100	Celery juice	46
27451070	Codfish salad, Puerto Rican style (Serenata)	12		75140500	Broccoli salad with cauliflower, cheese, bacon bits, and dressing	104
27460510	Antipasto with ham, fish, cheese, vegetables	20		75142500	Cucumber salad, made with sour cream dressing	4
27460750	Liver, beef or calves, and onions	28		75143200	Lettuce, salad with cheese, tomato and/or carrots, with or without other vegetables, no dressing	4
27461010	Stewed seasoned ground beef, Puerto Rican style (Picadillo para relleno)	12		75143300	Lettuce, salad with egg, tomato, and/or carrots, with or without other vegetables, no dressing	56
27464000	Gumbo, no rice (New Orleans type with shellfish, pork, and/or poultry, tomatoes, okra)	4		75143350	Lettuce, salad with egg, cheese, tomato, and/or carrots, with or without other vegetables, no dressing	12
27500050	Sandwich, NFS	160		75146000	Greek Salad, no dressing	52
27500200	Wrap sandwich, filled with meat, poultry, or fish,	160		75147000	Spinach salad, no dressing	56

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	vegetables, and cheese					
27500300	Wrap sandwich, filled with meat, poultry, or fish, and vegetables	173		75200700	Aloe vera juice drink	46
27510110	Beef barbecue sandwich or Sloppy Joe, on bun	174		75202029	Asparagus, cooked, from fresh, made with margarine	4
27510210	Cheeseburger, plain, on bun	183		75202036	Asparagus, cooked, from canned, made with margarine	4
27510220	Cheeseburger, with mayonnaise or salad dressing, on bun	160		75203020	Bamboo shoots, cooked, fat added in cooking	4
27510230	Cheeseburger, with mayonnaise or salad dressing, and tomato and/or catsup, on bun	175		75204032	Beans, lima, immature, cooked, from frozen, made with margarine	4
27510250	Cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing, on bun	178		75204962	Beans, string, cooked, NS as to form, NS as to color, made with margarine	4
27510260	Cheeseburger, 1/4 lb meat, with mushrooms in sauce, on bun	175		75204965	Beans, string, cooked, from fresh, NS as to color, made with margarine	4
27510265	Double cheeseburger, (2 patties, 1 oz each), plain, on miniature bun	160		75204971	Beans, string, cooked, from canned, NS as to color, made with margarine	4
27510280	Double cheeseburger (2 patties), with mayonnaise or salad dressing, on bun	177		75204980	Beans, string, cooked, NS as to form, NS as to color, fat added in cooking, NS as to type of fat	4
27510300	Double cheeseburger (2 patties), with	180		75204981	Beans, string, cooked, from fresh, NS as to color,	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	mayonnaise or salad dressing, on double-decker bun				fat added in cooking, NS as to type of fat	
27510310	Cheeseburger with tomato and/or catsup, on bun	183		75204982	Beans, string, cooked, from frozen, NS as to color, fat added in cooking, NS as to type of fat	4
27510311	Cheeseburger, 1 oz meat, plain, on miniature bun	180		75204983	Beans, string, cooked, from canned, NS as to color, fat added in cooking, NS as to type of fat	4
27510320	Cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun	178		75205000	Beans, string, cooked, NS as to form, NS as to color, NS as to fat added in cooking	4
27510330	Double cheeseburger (2 patties), with tomato and/or catsup, on bun	179		75205001	Beans, string, cooked, from fresh, NS as to color, NS as to fat added in cooking	4
27510340	Double cheeseburger (2 patties), with mayonnaise or salad dressing and tomatoes and/or catsup, on bun	179		75205003	Beans, string, cooked, from canned, NS as to color, NS as to fat added in cooking	4
27510350	Cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing, and tomato and/or catsup, on bun	180		75205010	Beans, string, green, cooked, NS as to form, NS as to fat added in cooking	4
27510355	Cheeseburger, 1/3 lb meat, with mayonnaise or salad dressing, tomato and/or catsup on bun	181		75205011	Beans, string, green, cooked, from fresh, NS as to fat added in cooking	4
27510359	Cheeseburger, 1/3 lb meat, with mayonnaise or	160		75205012	Beans, string, green, cooked, from frozen, NS as to fat added in cooking	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	salad dressing, and mushrooms, on bun					
27510360	Bacon cheeseburger, with mayonnaise or salad dressing, tomato and/or catsup, on bun	173		75205013	Beans, string, green, cooked, from canned, NS as to fat added in cooking	4
27510370	Double cheeseburger (2 patties, 1/4 lb meat each), with mayonnaise or salad dressing, on bun	184		75205030	Beans, string, green, cooked, NS as to form, fat added in cooking, NS as to type of fat	4
27510375	Double cheeseburger (2 patties, 1/4 lb meat each), with tomato and/or catsup, on bun	177		75205031	Beans, string, green, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27510380	Triple cheeseburger (3 patties, 1/4 lb meat each), with mayonnaise or salad dressing and tomatoes and/or catsup, on bun	183		75205032	Beans, string, green, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27510385	Double bacon cheeseburger (2 patties), with tomato and/or catsup, on bun	183		75205033	Beans, string, green, cooked, from canned, fat added in cooking, NS as to type of fat	4
27510400	Bacon cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun	176		75205043	Beans, string, green, cooked, NS as to form, made with margarine	4
27510410	Chiliburger, on bun	160		75205046	Beans, string, green, cooked, from fresh, made with margarine	4
27510425	Double bacon cheeseburger (2 patties, 1/4 lb meat	180		75205049	Beans, string, green, cooked, from frozen, made with margarine	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	each), with mayonnaise or salad dressing, on bun					
27510430	Double bacon cheeseburger (2 patties, 1/4 lb meat each), with mayonnaise or salad dressing, and tomato and/or catsup, on bun	180		75205052	Beans, string, green, cooked, from canned, made with margarine	4
27510435	Double bacon cheeseburger (2 patties, 1/3 lb meat each), with mayonnaise or salad dressing, on bun	178		75205130	Beans, string, green, canned, low sodium, fat added in cooking, NS as to type of fat	4
27510440	Bacon cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing, and tomato and/or catsup, on bun	175		75205133	Beans, string, green, canned, low sodium, made with margarine	4
27510445	Bacon cheeseburger, 1/3 lb meat, with tomato and/or catsup, on bun	160		75206021	Beans, string, yellow, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27510480	Cheeseburger (hamburger with cheese sauce), 1/4 lb meat, with grilled onions, on rye bun	178		75207000	Bean sprouts, cooked, NS as to form, NS as to fat added in cooking	4
27510500	Hamburger, plain, on bun	180		75207001	Bean sprouts, cooked, from fresh, NS as to fat added in cooking	4
27510510	Hamburger, with tomato and/or catsup, on bun	187		75207020	Bean sprouts, cooked, NS as to form, fat added in cooking	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27510520	Hamburger, with mayonnaise or salad dressing, and tomato and/or catsup, on bun	177		75207021	Bean sprouts, cooked, from fresh, fat added in cooking	4
27510540	Double hamburger (2 patties), with tomato and/or catsup, on bun	181		75208290	Bitter melon, cooked, NS as to fat added in cooking	4
27510560	Hamburger, 1/4 lb meat, with mayonnaise or salad dressing, and tomato and/or catsup, on bun	183		75208310	Bitter melon, cooked, fat added in cooking	4
27510570	Hamburger, 2-1/2 oz meat, with mayonnaise or salad dressing and tomatoes, on bun	160		75209032	Brussels sprouts, cooked, NS as to form, made with margarine	4
27510600	Hamburger, 1 oz meat, plain, on miniature bun	183		75209052	Brussels sprouts, cooked, from frozen, made with margarine	4
27510620	Hamburger, 1/4 lb meat, with tomato and/or catsup, on bun	184		75210000	Cabbage, Chinese, cooked, NS as to fat added in cooking	4
27510670	Double hamburger (2 patties), with mayonnaise or salad dressing and tomatoes, on bun	179		75210020	Cabbage, Chinese, cooked, fat added in cooking, NS as to type of fat	4
27510680	Double hamburger (2 patties, 1/4 lb meat each), with tomato and/or catsup, on bun	188		75211033	Cabbage, green, cooked, made with margarine	4
27510690	Double hamburger (2 patties, 1/4 lb meat each), with mayonnaise or salad dressing and tomatoes and/or	183		75214000	Cauliflower, cooked, NS as to form, NS as to fat added in cooking	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	catsup, on double-decker bun					
27510700	Meatball and spaghetti sauce submarine sandwich	182		75214001	Cauliflower, cooked, from fresh, NS as to fat added in cooking	4
27510950	Reuben sandwich (corned beef sandwich with sauerkraut and cheese), with spread	173		75214020	Cauliflower, cooked, NS as to form, fat added in cooking, NS as to type of fat	4
27511010	Pastrami sandwich	191		75214021	Cauliflower, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27513010	Roast beef sandwich	192		75214029	Cauliflower, cooked, from fresh, made with margarine	4
27513040	Roast beef submarine sandwich, with lettuce, tomato and spread	176		75215100	Fennel bulb, cooked, NS as to fat added in cooking	4
27513041	Roast beef submarine sandwich, with cheese, lettuce, tomato and spread	178		75215120	Fennel bulb, cooked, fat added in cooking, NS as to type of fat	4
27513050	Roast beef sandwich with cheese	187		75216026	Corn, cooked, NS as to form, NS as to color, made with margarine	4
27513060	Roast beef sandwich with bacon and cheese sauce	181		75216033	Corn, cooked, from frozen, NS as to color, made with margarine	4
27513070	Roast beef submarine sandwich, on roll, au jus	178		75216036	Corn, cooked, from canned, NS as to color, made with margarine	4
27515010	Steak sandwich, plain, on roll	35		75216133	Corn, yellow, cooked, NS as to form, made with margarine	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27515020	Steak and cheese submarine sandwich, with lettuce and tomato	182		75216136	Corn, yellow, cooked, from fresh, made with margarine	4
27515030	Steak and cheese sandwich, plain, on roll	52		75216139	Corn, yellow, cooked, from frozen, made with margarine	4
27515040	Steak and cheese submarine sandwich, plain, on roll	44		75216143	Corn, yellow, cooked, from canned, made with margarine	4
27515050	Fajita-style beef sandwich with cheese, on pita bread, with lettuce and tomato	173		75216226	Corn, white, cooked, NS as to form, made with margarine	4
27515070	Steak and cheese submarine sandwich, with fried peppers and onions, on roll	181		75216300	Corn, yellow, canned, low sodium, NS as to fat added in cooking	4
27515080	Steak sandwich, plain, on biscuit	178		75216320	Corn, yellow, canned, low sodium, fat added in cooking, NS as to type of fat	4
27516010	Gyro sandwich (pita bread, beef, lamb, onion, condiments), with tomato and spread	176		75216323	Corn, yellow, canned, low sodium, made with margarine	8
27517000	Wrap sandwich filled with beef patty, cheese and spread and/or sauce	160		75216720	Cucumber, cooked, fat added in cooking, NS as to type of fat	4
27517010	Wrap sandwich filled with beef patty, cheese, tomato and/or catsup, and spread and/or sauce	160		75217000	Eggplant, cooked, NS as to fat added in cooking	4
27520130	Bacon, chicken, and tomato club sandwich, with lettuce and spread	174		75217020	Eggplant, cooked, fat added in cooking, NS as to type of fat	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27520135	Bacon, chicken, and tomato club sandwich, with cheese, lettuce and spread	170		75217520	Hominy, cooked, fat added in cooking	4
27520140	Bacon and egg sandwich	271		75218400	Leek, cooked, NS as to fat added in cooking	4
27520150	Bacon, lettuce, and tomato sandwich with spread	160		75219000	Mushrooms, cooked, NS as to form, NS as to fat added in cooking	20
27520156	Bacon, lettuce, tomato, and cheese submarine sandwich, with spread	48		75219001	Mushrooms, cooked, from fresh, NS as to fat added in cooking	20
27520165	Bacon, chicken fillet (breaded, fried), and tomato club with lettuce and spread	174		75219002	Mushrooms, cooked, from frozen, NS as to fat added in cooking	8
27520166	Bacon, chicken fillet (breaded, fried), and tomato club sandwich with cheese, lettuce and spread	173		75219010	Mushrooms, cooked, NS as to form, fat not added in cooking	20
27520170	Bacon on biscuit	160		75219011	Mushrooms, cooked, from fresh, fat not added in cooking	20
27520250	Ham on biscuit	188		75219012	Mushrooms, cooked, from frozen, fat not added in cooking	8
27520300	Ham sandwich, with spread	190		75219013	Mushrooms, cooked, from canned, fat not added in cooking	20
27520320	Ham and cheese sandwich, with lettuce and spread	184		75219020	Mushrooms, cooked, NS as to form, fat added in cooking, NS as to type of fat	20
27520330	Ham and egg sandwich	91		75219021	Mushrooms, cooked, from fresh, fat added in cooking, NS as to type of fat	20

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27520370	Hot ham and cheese sandwich, on bun	187		75219022	Mushrooms, cooked, from frozen, fat added in cooking, NS as to type of fat	8
27520380	Ham and cheese on English muffin	183		75219023	Mushrooms, cooked, from canned, fat added in cooking, NS as to type of fat	20
27520390	Ham and cheese submarine sandwich, with lettuce, tomato and spread	160		75219030	Mushrooms, cooked, NS as to form, made with oil	8
27520500	Pork sandwich, on white roll, with onions, dill pickles and barbecue sauce	186		75219031	Mushrooms, cooked, NS as to form, made with butter	8
27520510	Pork barbecue sandwich or Sloppy Joe, on bun	183		75219033	Mushrooms, cooked, from fresh, made with oil	8
27520520	Pork sandwich	198		75219034	Mushrooms, cooked, from fresh, made with butter	8
27540110	Chicken sandwich, with spread	184		75219035	Mushrooms, cooked, from fresh, made with margarine	12
27540111	Chicken sandwich, with cheese and spread	160		75219038	Mushrooms, cooked, from frozen, made with margarine	12
27540120	Chicken salad or chicken spread sandwich	178		75219100	Mushroom, Asian, cooked, from dried	28
27540130	Chicken barbecue sandwich	182		75220049	Lettuce, cooked, NS as to fat added in cooking	4
27540140	Chicken fillet (breaded, fried) sandwich	186		75220051	Lettuce, cooked, fat added in cooking	4
27540145	Chicken fillet (breaded, fried) sandwich on biscuit	160		75221019	Onions, cooked, from fresh, made with margarine	4
27540150	Chicken fillet (breaded, fried) sandwich with lettuce, tomato and spread	175		75221040	Onions, green, cooked, NS as to form, NS as to fat added in cooking	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27540151	Chicken fillet (breaded, fried) sandwich with cheese, lettuce, tomato and spread	160		75221060	Onions, green, cooked, NS as to form, fat added in cooking	4
27540170	Chicken patty sandwich, miniature, with spread	177		75221061	Onions, green, cooked, from fresh, fat added in cooking	4
27540180	Chicken patty sandwich or biscuit	160		75224048	Peas, green, cooked, from frozen, made with margarine	4
27540190	Chicken patty sandwich, with lettuce and spread	173		75224051	Peas, green, cooked, from canned, made with margarine	4
27540200	Fajita-style chicken sandwich with cheese, on pita bread, with lettuce and tomato	171		75226000	Peppers, green, cooked, NS as to fat added in cooking	4
27540210	Wrap sandwich filled with chicken strips (breaded, fried), cheese, lettuce, and spread	172		75226020	Peppers, green, cooked, fat added in cooking, NS as to type of fat	4
27540230	Chicken patty sandwich with cheese, on wheat bun, with lettuce, tomato and spread	172		75226023	Peppers, green, cooked, made with margarine	4
27540235	Chicken fillet, broiled, sandwich with lettuce, tomato, and spread	177		75226040	Peppers, red, cooked, NS as to fat added in cooking	4
27540240	Chicken fillet, (broiled), sandwich, on whole wheat roll, with lettuce, tomato and spread	177		75226060	Peppers, red, cooked, fat added in cooking, NS as to type of fat	4
27540250	Chicken fillet, broiled, sandwich with cheese, on whole wheat roll, with lettuce, tomato and non-	179		75226090	Peppers, hot, cooked, NS as to form, NS as to fat added in cooking	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	mayonnaise type spread					
27540270	Chicken fillet, broiled, sandwich, with lettuce, tomato, and non-mayonnaise type spread	182		75226091	Peppers, hot, cooked, from fresh, NS as to fat added in cooking	4
27540280	Chicken fillet, broiled, sandwich with cheese, on bun, with lettuce, tomato and spread	180		75226110	Peppers, hot, cooked, NS as to form, fat added in cooking, NS as to type of fat	4
27540290	Chicken submarine sandwich, with lettuce, tomato, and spread	177		75226111	Peppers, hot, cooked, from fresh, fat added in cooking, NS as to type of fat	4
27540291	Chicken submarine sandwich, with cheese, lettuce, tomato, and spread	176		75226112	Peppers, hot, cooked, from frozen, fat added in cooking, NS as to type of fat	4
27540300	Wrap sandwich filled with chicken strips (broiled), cheese, lettuce, and spread	180		75230000	Sauerkraut, cooked, NS as to fat added in cooking	4
27540310	Turkey sandwich, with spread	177		75231025	Snowpea (pea pod), cooked, NS as to form, made with margarine	4
27540350	Turkey submarine sandwich, with cheese, lettuce, tomato and spread	171		75231031	Snowpea (pea pod), cooked, from frozen, made with margarine	4
27541000	Turkey, ham, and roast beef club sandwich, with lettuce, tomato and spread	177		75233029	Squash, summer, yellow or green, cooked, from fresh, made with margarine	4
27541001	Turkey, ham, and roast beef club sandwich with cheese, lettuce, tomato, and spread	177		75301123	Beans, lima and corn (succotash), cooked, made with margarine	4
27550000	Fish sandwich, on bun, with spread	160		75302045	Beans, string, green, with almonds, cooked, fat	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
					added in cooking, NS as to type of fat	
27550100	Fish sandwich, on bun, with cheese and spread	160		75302500	Beans, string, green, and potatoes, cooked, NS as to fat added in cooking	4
27550720	Tuna salad sandwich	160		75302510	Beans, string, green, and potatoes, cooked, fat added in cooking, NS as to type of fat	4
27550750	Tuna salad submarine sandwich, with lettuce and tomato	160		75302513	Beans, string, green, and potatoes, cooked, made with margarine	4
27550751	Tuna salad submarine sandwich, with cheese, lettuce and tomato	160		75307003	Green peppers and onions, cooked, made with margarine	4
27560300	Corn dog (frankfurter or hot dog with cornbread coating)	169		75311026	Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, NS as to form, made with margarine	4
27560350	Pig in a blanket (frankfurter or hot dog wrapped in dough)	168		75311029	Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, made with margarine	4
27560500	"Pepperoni and salami submarine sandwich, with lettuce, tomato, and spread	160		75311032	Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from canned, made with margarine	4
27560650	Sausage on biscuit	160		75315023	Peas and corn, cooked, made with margarine	4
27560660	Sausage griddle cake sandwich	160		75315200	Peas and mushrooms, cooked, NS as to fat added in cooking	4
27560670	Sausage and cheese on English muffin	160		75315215	Peas and mushrooms, cooked, fat added in cooking, NS as to type of fat	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27560705	Sausage balls (made with biscuit mix and cheese)	160		75317000	Vegetables, stew type (including potatoes, carrots, onions, celery) cooked, NS as to fat added in cooking	4
27560710	Sausage sandwich	160		75317010	Vegetables, stew type (including potatoes, carrots, onions, celery) cooked, fat added in cooking, NS as to type of fat	4
27560910	Cold cut submarine sandwich, with cheese, lettuce, tomato, and spread	160		75330100	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, no sauce, NS as to fat added in cooking	4
27564000	Frankfurter or hot dog sandwich, NFS, plain, on white bun	174		75330120	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, no sauce, fat added in cooking, NS as to type of fat	4
27564001	Frankfurter or hot dog sandwich, NFS, plain, on wheat bun	50		75330123	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, no sauce, made with margarine	4
27564010	Frankfurter or hot dog sandwich, NFS, plain, on white bread	174		75330130	Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, no sauce, NS as to fat added in cooking	4
27564020	Frankfurter or hot dog sandwich, NFS, plain, on wheat bread	174		75330150	Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, no sauce, fat added in cooking, NS as to type of fat	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27564060	Frankfurter or hot dog sandwich, beef, plain, on white bun	174		75330153	Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, no sauce, made with margarine	4
27564061	Frankfurter or hot dog sandwich, beef, plain, on wheat bun	50		75340000	Vegetable combinations, Asian style, (broccoli, green pepper, water chestnut, etc) cooked, NS as to fat added in cooking	4
27564062	Frankfurter or hot dog sandwich, beef, plain, on whole wheat bun	50		75340010	Vegetable combinations, Asian style, (broccoli, green pepper, water chestnuts, etc), cooked, fat not added in cooking	4
27564063	Frankfurter or hot dog sandwich, beef, plain, on whole grain white bun	50		75340020	Vegetable combinations, Asian style, (broccoli, green pepper, water chestnuts, etc), cooked, fat added in cooking, NS as to type of fat	4
27564064	Frankfurter or hot dog sandwich, beef, plain, on multigrain bun	50		75340160	Vegetable and pasta combinations with cream or cheese sauce (broccoli, pasta, carrots, corn, zucchini, peppers, cauliflower, peas, etc.), cooked	18
27564070	Frankfurter or hot dog sandwich, beef, plain, on white bread	174		75340200	Jai, Monk's Food (mushrooms, lily roots, bean curd, water chestnuts)	104
27564080	Frankfurter or hot dog sandwich, beef, plain, on wheat bread	174		75401010	Asparagus, NS as to form, creamed or with cheese sauce	12
27564090	Frankfurter or hot dog sandwich, beef, plain, on whole wheat bread	174		75401011	Asparagus, from fresh, creamed or with cheese sauce	12
27564100	Frankfurter or hot dog sandwich, beef, plain, on whole grain white bread	174		75402012	Beans, lima, immature, from frozen, creamed or with cheese sauce	16

NHANES Food code	Food code Description	Vit D level (IU/100 grams)	NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
27564120	Frankfurter or hot dog sandwich, beef and pork, plain, on white bun	174	75403010	Beans, string, green, NS as to form, creamed or with cheese sauce	16
27564121	Frankfurter or hot dog sandwich, beef and pork, plain, on wheat bun	50	75403012	Beans, string, green, from frozen, creamed or with cheese sauce	16
27564130	Frankfurter or hot dog sandwich, beef and pork, plain, on white bread	174	75403013	Beans, string, green, from canned, creamed or with cheese sauce	16
27564140	Frankfurter or hot dog sandwich, beef and pork, plain, on wheat bread	174	75403020	Beans, string, green, cooked, NS as to form, with mushroom sauce	8
27564150	Frankfurter or hot dog sandwich, beef and pork, plain, on whole wheat bread	174	75403023	Beans, string, green, cooked, from canned, with mushroom sauce	8
27564160	Frankfurter or hot dog sandwich, beef and pork, plain, on whole grain white bread	50	75406011	Brussels sprouts, from fresh, creamed	20
27564180	Frankfurter or hot dog sandwich, meat and poultry, plain, on white bun	174	75407010	Cabbage, creamed	20
27564181	Frankfurter or hot dog sandwich, meat and poultry, plain, on wheat bun	50	75409010	Cauliflower, NS as to form, creamed	20
27564182	Frankfurter or hot dog sandwich, meat and poultry, plain, on whole wheat bun	50	75409011	Cauliflower, from fresh, creamed	24
27564190	Frankfurter or hot dog sandwich, meat and poultry, plain, on white bread	174	75409012	Cauliflower, from frozen, creamed	20
27564200	Frankfurter or hot dog sandwich, meat	174	75409020	Cauliflower, batter-dipped, fried	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	and poultry, plain, on wheat bread					
27564210	Frankfurter or hot dog sandwich, meat and poultry, plain, on whole wheat bread	174		75410010	Celery, creamed	20
27564220	Frankfurter or hot dog sandwich, meat and poultry, plain, on whole grain white bread	174		75410500	Chiles rellenos, cheese-filled (stuffed chili peppers)	47
27564230	Frankfurter or hot dog sandwich, meat and poultry, plain, on multigrain bread	50		75410530	Chiles rellenos, filled with meat and cheese (stuffed chili peppers)	24
27564240	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on white bun	174		75410550	Jalapeno pepper, stuffed with cheese, breaded or battered, fried	58
27564241	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on wheat bun	50		75411010	Corn, scalloped or pudding	28
27564242	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on whole wheat bun	50		75411020	Corn fritter	24
27564250	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on white bread	174		75411030	Corn, cooked, NS as to form, with cream sauce, made with milk	24
27564260	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on wheat bread	174		75411033	Corn, cooked, from canned, with cream sauce, made with milk	24
27564270	Frankfurter or hot dog sandwich, chicken and/or	174		75412010	Eggplant, batter-dipped, fried	4

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	turkey, plain, on whole wheat bread					
27564280	Frankfurter or hot dog sandwich, chicken and/or turkey, plain, on whole grain white bread	50		75412060	Eggplant parmesan casserole, regular	8
27564300	Frankfurter or hot dog sandwich, reduced fat or light, plain, on white bun	174		75414010	Mushrooms, NS as to form, creamed	24
27564303	Frankfurter or hot dog sandwich, reduced fat or light, plain, on whole grain white bun	50		75414020	Mushrooms, stuffed	28
27564310	Frankfurter or hot dog sandwich, reduced fat or light, plain, on white bread	174		75414030	Mushrooms, batter-dipped, fried	12
27564360	Frankfurter or hot dog sandwich, fat free, plain, on white bun	174		75414500	Okra, batter-dipped, fried	12
27564361	Frankfurter or hot dog sandwich, fat free, plain, on wheat bun	50		75415020	Onion rings, NS as to form, batter-dipped, baked or fried	4
27564362	Frankfurter or hot dog sandwich, fat free, plain, on whole wheat bun	50		75415022	Onion rings, from frozen, batter-dipped, baked or fried	4
27564364	Frankfurter or hot dog sandwich, fat free, plain, on multigrain bun	50		75416500	Pea salad	8
27564370	Frankfurter or hot dog sandwich, fat free, plain, on white bread	50		75416600	Pea salad with cheese	12
27564420	Frankfurter or hot dog sandwich,	174		75417010	Peas, NS as to form, creamed	20

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	meatless, plain, on bun					
27564430	Frankfurter or hot dog sandwich, meatless, plain, on bread	174		75417013	Peas, from canned, creamed	20
27564440	Frankfurter or hot dog sandwich, with chili, on white bun	174		75417021	Peas, cooked, from fresh, with mushroom sauce	8
27564442	Frankfurter or hot dog sandwich, with chili, on whole wheat bun	50		75418010	Squash, summer, yellow or green, breaded or battered, fried	4
27564443	Frankfurter or hot dog sandwich, with chili, on whole grain white bun	50		75418020	Squash, summer, casserole with tomato and cheese	28
27564450	Frankfurter or hot dog sandwich, with chili, on white bread	174		75418040	Squash, summer, casserole, with cheese sauce	12
27564460	Frankfurter or hot dog sandwich, with chili, on wheat bread	174		75418101	Turnips, from fresh, creamed	20
27564500	Frankfurter or hot dog sandwich, with meatless chili, on white bun	174		75418220	Creamed christophine, Puerto Rican style (Chayote a la crema)	20
27564510	Frankfurter or hot dog sandwich, with meatless chili, on white bread	174		75439500	Chow mein or chop suey, meatless, no noodles	4
27570310	Hors d'oeuvres, with spread	20		75440100	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with soy-based sauce	4
27601000	Beef stew, baby food, toddler	14		75440200	Vegetable tempura	8
27610100	Beef and egg noodles, baby food, NS as to strained or junior	13		75440500	Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with cheese sauce	16

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27610710	Beef with vegetables, baby food, strained	12		75440510	Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with cheese sauce	12
27640050	Chicken and rice dinner, baby food, strained	12		75450500	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with cream sauce	24
27640100	Chicken noodle dinner, baby food, NS as to strained or junior	11		75450510	Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with cream sauce	24
27640110	Chicken noodle dinner, baby food, strained	12		75450600	Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with butter sauce	4
27640120	Chicken noodle dinner, baby food, junior	12		75460700	Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with pasta	18
27640810	Chicken, noodles, and vegetables, baby food, toddler	11		75460710	Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with pasta	18
27641000	Chicken stew, baby food, toddler	12		75505000	Mushrooms, pickled	8
27642100	Turkey, rice and vegetables, baby food, NS as to strained or junior	6		75506100	Mustard sauce	12
27642110	Turkey, rice and vegetables, baby food, strained	7.3		75600150	Soup, cream of, NFS	45
27642120	Turkey, rice and vegetables, baby food, junior	6		75601000	Asparagus soup, cream of, NS as to made with milk or water	45
27642130	Turkey, rice, and vegetables, baby food, toddler	6		75601010	Asparagus soup, cream of, prepared with milk	45

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28101000	Frozen dinner, NFS	13		75601020	Asparagus soup, cream of, prepared with water	45
28110000	Beef dinner, NFS (frozen meal)	13		75601100	Beet soup (borscht)	45
28110150	Beef with vegetable (diet frozen meal)	21		75601200	Cabbage soup, home recipe, canned or ready-to-serve	45
28110270	Sirloin beef with gravy, potatoes, vegetable (frozen meal)	8		75601210	Cabbage with meat soup, home recipe, canned or ready-to-serve	45
28110300	Salisbury steak dinner, NFS (frozen meal)	8		75603010	Celery soup, cream of, prepared with milk, home recipe, canned or ready-to-serve	45
28110310	Salisbury steak with gravy, potatoes, vegetable (frozen meal)	8		75604010	Corn soup, cream of, prepared with milk	45
28110330	Salisbury steak with gravy, whipped potatoes, vegetable, dessert (frozen meal)	8		75604020	Corn soup, cream of, prepared with water	45
28110350	Salisbury steak with gravy, potatoes, vegetable, dessert (frozen meal, large meat portion)	15		75604600	Gazpacho	45
28110380	Salisbury steak with gravy, macaroni and cheese (frozen meal)	13		75607000	Mushroom soup, NFS	45
28110390	Salisbury steak, potatoes, vegetable, dessert (diet frozen meal)	13		75607010	Mushroom soup, cream of, prepared with milk	45
28110510	Beef, sliced, with gravy, potatoes, vegetable (frozen meal)	14		75607020	Mushroom soup, cream of, prepared with water	45
28110620	Beef short ribs, boneless, with barbecue sauce,	13		75607040	Mushroom soup, with meat broth, prepared with water	45

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	potatoes, vegetable (frozen meal)					
28110640	Meatballs, Swedish, in sauce, with noodles (frozen meal)	18		75607060	Mushroom soup, cream of, NS as to made with milk or water	45
28110660	Meatballs, Swedish, in gravy, with noodles (diet frozen meal)	18		75607080	Mushroom with chicken soup, cream of, prepared with milk	45
28113140	Beef with spaetzle or rice, vegetable (frozen meal)	12		75607100	Mushroom soup, cream of, canned, reduced sodium, prepared with milk	45
28140100	Chicken dinner, NFS (frozen meal)	11		75608010	Onion soup, cream of, prepared with milk	45
28140150	Chicken divan (frozen meal)	8		75608100	Onion soup, French	45
28140710	Chicken, fried, with potatoes, vegetable (frozen meal)	11		75611010	Vegetable soup, cream of, prepared with milk	45
28140720	Chicken patty, or nuggets, boneless, breaded, potatoes, vegetable (frozen meal)	21		75612010	Zucchini soup, cream of, prepared with milk	45
28140730	Chicken patty, breaded, with tomato sauce and cheese, fettuccine alfredo, vegetable (frozen meal)	11		75646010	Shav soup	45
28140740	Chicken patty, or nuggets, boneless, breaded, with pasta and tomato sauce, fruit, dessert (frozen meal)	12		75647000	Seaweed soup	45
28140810	Chicken, fried, with potatoes, vegetable, dessert (frozen meal)	11		75649010	Vegetable soup, canned, prepared with water or ready-to-serve	45

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28141010	Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion)	12		75649040	Vegetable soup, reduced sodium, canned, ready to serve	45
28141201	Teriyaki chicken with rice and vegetable (diet frozen meal)	15		75649050	Vegetable soup, made from dry mix	45
28141250	Chicken with rice-vegetable mixture (diet frozen meal)	15		75649150	Vegetable noodle soup, home recipe	18
28141300	Chicken with rice and vegetable, reduced fat and sodium (diet frozen meal)	10		75650990	Minestrone soup, reduced sodium, canned or ready-to-serve	45
28141610	Chicken and vegetables in cream or white sauce (diet frozen meal)	14		75651010	Minestrone soup, canned, prepared with water, or ready-to-serve	45
28141650	Chicken and vegetables au gratin with rice-vegetable mixture (diet frozen entree)	12		75651020	Vegetable beef soup, canned, prepared with water, or ready-to-serve	45
28143020	Chicken and vegetable entree with rice, Asian (diet frozen meal)	15		75651030	Vegetable beef noodle soup, prepared with water	45
28143040	Chicken chow mein with rice (diet frozen meal)	15		75651040	Vegetable noodle soup, canned, prepared with water, or ready-to-serve	45
28143080	Chicken with noodles and cheese sauce (diet frozen meal)	18		75651070	Vegetable rice soup, canned, prepared with water or ready-to-serve	45
28143110	Chicken cacciatore with noodles (diet frozen meal)	18		75651080	Vegetable beef soup with rice, canned, prepared with water or ready-to-serve	45
28143130	Chicken and vegetable entree	18		75651110	Vegetable chicken rice soup, canned, prepared	45

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	with noodles (frozen meal)				with water or ready-to-serve	
28143150	Chicken and vegetable entree with noodles (diet frozen meal)	18		75651150	Vegetable noodle soup, reduced sodium, canned, prepared with water or ready-to-serve	45
28143170	Chicken in cream sauce with noodles and vegetable (frozen meal)	18		75652010	Vegetable beef soup, home recipe	4
28143180	Chicken in butter sauce with potatoes and vegetable (diet frozen meal)	29		75652040	Vegetable beef soup with noodles or pasta, home recipe	18
28143200	Chicken in soy-based sauce, rice and vegetables (frozen meal)	4		75652050	Vegetable beef soup with rice, home recipe	4
28143220	Chicken in barbecue sauce, with rice, vegetable and dessert, reduced fat and sodium (diet frozen meal)	18		75654010	Vegetarian vegetable soup, prepared with water	45
28144100	Chicken and vegetable entree with noodles and cream sauce (frozen meal)	18		75656020	Vegetable soup, chunky style	45
28145100	Turkey with dressing, gravy, vegetable and fruit (diet frozen meal)	7		75656040	Vegetable soup, with pasta, chunky style	45
28145110	Turkey with vegetable, stuffing (diet frozen meal)	8.1		75656060	Vegetable beef soup, chunky style	45
28145210	Turkey with gravy, dressing, potatoes, vegetable (frozen meal)	7		75657000	Vegetable broth, bouillon	45
28145610	Turkey with gravy, dressing, potatoes, vegetable, dessert	7		76603010	Vegetable and beef, baby food, strained	36

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	(frozen meal, large meat portion)					
28145710	Turkey tetrazzini (frozen meal)	8		76603020	Vegetable and beef, baby food, junior	36
28150650	Fish, breaded, or fish sticks, with pasta, vegetable and dessert (frozen meal)	4		76605010	Vegetable and chicken, baby food, strained	4
28154010	Shrimp and vegetables in sauce with noodles (diet frozen meal)	18		76607010	Vegetable and ham, baby food, strained	4
28160300	Meat loaf dinner, NFS (frozen meal)	4		76611020	Vegetable and turkey, baby food, junior	8.4
28160310	Meat loaf with potatoes, vegetable (frozen meal)	8		77121010	Fried stuffed potatoes, Puerto Rican style (Rellenos de papas)	4
28310110	Beef, broth, bouillon, or consomme	45		77121110	Potato and ham fritters, Puerto Rican style (Frituras de papa y jamon)	12
28310150	Oxtail soup	45		77141010	Potato chicken pie, Puerto Rican style (Pastelon de pollo)	15
28310230	Meatball soup, Mexican style, home recipe (Sopa de Albondigas)	4		77201210	Green plantain with cracklings, Puerto Rican style (Mofongo)	18
28310320	Beef noodle soup, Puerto Rican style (Sopa de carne y fideos)	45		77230210	Cassava Pasteles, Puerto Rican style (Pasteles de yuca)	24
28310330	Meat and rice noodle soup, Asian style (Vietnamese Pho Bo)	45		77250110	Stuffed tannier fritters, Puerto Rican style (Alcapurrias)	8
28311010	Pepperpot (tripe) soup	45		77250710	Tannier fritters, Puerto Rican style (Frituras de yautia)	16
28311030	Menudo soup, canned, prepared with water or ready-to-serve	45		77272010	Puerto Rican pasteles (Pasteles de masa)	8

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28315050	Beef vegetable soup with potato, pasta, or rice, chunky style, canned, or ready-to-serve	45		77316600	Eggplant and meat casserole	8
28315140	Beef vegetable soup, Mexican style, home recipe, (Sopa / Caldo de Res)	12		77513010	Spanish stew, Puerto Rican style (Cocido Espanol)	4
28315150	Meat and corn hominy soup, Mexican style, home recipe (Pozole)	12		77563010	Puerto Rican stew (Salcocho / Sancocho)	16
28315160	Italian Wedding Soup	45		78101000	Vegetable and fruit juice, 100% juice, with high vitamin C	46
28320130	Ham, rice, and potato soup, Puerto Rican style	45		78101100	Fruit and vegetable smoothie	46
28320140	Ham, noodle, and vegetable soup, Puerto Rican style	45		78101110	Fruit and vegetable smoothie, added protein	46
28320160	Pork vegetable soup with potato, pasta, or rice, stew type, chunky style	45		78101120	Fruit and vegetable smoothie, bottled	46
28320300	Pork with vegetable (excluding carrots, broccoli and/or dark-green leafy) soup, Asian Style	45		81100000	Table fat, NFS	64
28321130	Bacon soup, cream of, prepared with water	45		81100500	Butter, NFS	60
28331110	Lamb, pasta, and vegetable soup, Puerto Rican style	45		81101000	Butter, stick, salted	60
28340110	Chicken or turkey broth, bouillon, or consomme	45		81101010	Butter, whipped, tub, salted	60
28340150	Mexican style chicken broth soup stock	45		81101100	Butter, stick, unsalted	60

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28340180	Chicken or turkey broth, less or reduced sodium, canned or ready-to-serve	45		81101110	Butter, whipped, tub, unsalted	60
28340210	Chicken rice soup, Puerto Rican style (Sopa de pollo con arroz)	45		81101500	Light butter, stick, salted	40
28340220	Chicken soup with noodles and potatoes, Puerto Rican style	45		81101520	Light butter, whipped, tub, salted	40
28340310	Chicken or turkey gumbo soup, home recipe, canned or ready-to-serve	45		81102000	Margarine, NFS	363
28340510	Chicken or turkey noodle soup, chunky style, canned or ready-to-serve	45		81102010	Margarine, stick, salted	363
28340550	Sweet and sour soup	45		81102020	Margarine, tub, salted	363
28340580	Chicken or turkey soup with vegetables (broccoli, carrots, celery, potatoes and onions), Asian style	45		81103020	Margarine, whipped, tub, salted	363
28340590	Chicken or turkey corn soup with noodles, home recipe	18		81103030	Margarine, stick, unsalted	363
28340600	Chicken or turkey vegetable soup, canned, prepared with water or ready-to-serve	45		81103040	Margarine-like spread, stick, salted	363
28340610	Chicken or turkey vegetable soup, stew type	45		81103041	Margarine-like spread, made with yogurt, stick, salted	363
28340630	Chicken or turkey vegetable soup with	45		81103060	Margarine, tub, unsalted	363

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	rice, stew type, chunky style					
28340640	Chicken or turkey vegetable soup with noodles, stew type, chunky style, canned or ready-to-serve	45		81103080	Margarine-like spread, tub, salted	363
28340660	Chicken or turkey vegetable soup, home recipe	18		81103090	Margarine-like spread, liquid, salted	363
28340670	Chicken or turkey vegetable soup with rice, Mexican style, home recipe (Sopa / Caldo de Pollo)	18		81103140	Margarine-like spread, tub, sweetened	363
28340680	Chicken or turkey and corn hominy soup, Mexican style, home recipe (Pozole)	18		81104010	Margarine-like spread, reduced calorie, about 40% fat, tub, salted	363
28340690	Chicken or turkey vegetable soup with potato and cheese, chunky style, canned or ready-to-serve	45		81104011	Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted	363
28340700	Bird's nest soup (chicken, ham, and noodles)	45		81104020	Margarine-like spread, reduced calorie, about 40% fat, stick, salted	363
28340750	Hot and sour soup	45		81104050	Margarine-like spread, reduced calorie, about 20% fat, tub, salted	363
28340800	Chicken or turkey soup with vegetables and fruit, Asian Style	45		81104100	Margarine-like spread, fat free, tub, salted	363
28345030	Chicken or turkey soup, cream of, canned, reduced sodium, made with water	45		81104110	Margarine-like spread, fat free, liquid, salted	363
28345110	Chicken or turkey soup, cream of, NS	45		81104500	Vegetable oil-butter spread, stick, salted	363

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	as to prepared with milk or water					
28345120	Chicken or turkey soup, cream of, prepared with milk	45		81104510	Vegetable oil-butter spread, tub, salted	363
28345130	Chicken or turkey soup, cream of, prepared with water	45		81104550	Vegetable oil-butter spread, reduced calorie, stick, salted	363
28345160	Chicken or turkey mushroom soup, cream of, prepared with milk	45		81105010	Butter-margarine blend, stick, salted	363
28345170	Duck soup	45		81105020	Butter-margarine blend, tub, salted	363
28350050	Fish chowder	45		81201000	Animal fat or drippings	106
28350110	Crab soup, NS as to tomato-base or cream style	45		81203000	Shortening, NS as to vegetable or animal	20
28350120	Crab soup, tomato-base	45		81204000	Ghee, clarified butter	72
28350210	Clam chowder, NS as to Manhattan or New England style	45		81301000	Garlic sauce	4
28350220	Clam chowder, Manhattan	45		81301020	Lemon-butter sauce	52
28351110	Fish and vegetable soup, no potatoes (Sopa de pescado y mariscos)	45		81302010	Hollandaise sauce	92
28351120	Fish soup, with potatoes (Sopa de Pescado y Mariscos)	45		81302040	Sandwich spread	4
28351160	Codfish, rice, and vegetable soup, Puerto Rican style	45		81302050	Tartar sauce	4
28355110	Clam chowder, New England, NS as to prepared with water or milk	45		81302060	Horseradish sauce	16
28355120	Clam chowder, New England, prepared with milk	45		81302070	Pesto sauce	4

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28355130	Clam chowder, New England, prepared with water	45		81322000	Honey butter	24
28355140	Clam chowder, New England, reduced sodium, canned or ready-to-serve	45		83100100	Salad dressing, NFS, for salads	4
28355210	Crab soup, cream of, prepared with milk	45		83100200	Salad dressing, NFS, for sandwiches	8
28355250	Lobster bisque	45		83101000	Blue or roquefort cheese dressing	4
28355410	Shrimp soup, cream of, NS as to prepared with milk or water	45		83102000	Caesar dressing	4
28355420	Shrimp soup, cream of, prepared with milk	45		83103000	Coleslaw dressing	4
28355430	Shrimp soup, cream of, prepared with water	45		83105500	Honey mustard dressing	4
28355440	Shrimp gumbo	45		83107000	Mayonnaise, regular	8
28355450	Seafood soup with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy)	45		83110000	Mayonnaise-type salad dressing	4
28355460	Seafood soup with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy)	45		83112500	Creamy dressing	4
28355470	Seafood soup with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes))	45		83112950	Poppy seed dressing	4
28355480	Seafood soup with vegetables (excluding carrots,	45		83114000	Thousand Island dressing	4

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	broccoli, and dark-green leafy (no potatoes))					
28360100	Meat broth, Puerto Rican style	45		83115000	Yogurt dressing	32
28500070	Gravy, beef or meat, home recipe	8		91361020	Fruit sauce	4
28500080	Gravy, poultry, home recipe	8		91361040	Dessert sauce	8
31101010	Egg, whole, raw	230		91501040	Gelatin dessert with fruit and whipped cream	8
31102000	Egg, whole, cooked, NS as to cooking method	216		91501060	Gelatin dessert with sour cream	4
31103010	Egg, whole, boiled or poached	230		91511050	Gelatin dessert, dietetic, with cream cheese, sweetened with low calorie sweetener	4
31105010	Egg, whole, fried without fat	228		91550100	Coconut cream cake, Puerto Rican style (Bien me sabe, "Tastes good to me")	16
31105020	Egg, whole, fried with margarine	230		91550300	Pineapple custard, Puerto Rican style (Flan de pina)	36
31105030	Egg, whole, fried with oil	230		91611050	Ice pop filled with ice cream, all flavor varieties	4
31105040	Egg, whole, fried with butter	230		91718300	Ladoo, round ball, Asian-Indian dessert	12
31105060	Egg, whole, fried with animal fat or meat drippings	230		91726110	Nougat, with caramel, chocolate covered	16
31105080	Egg, whole, fried with cooking spray	230		91726130	MILKY WAY Bar	16
31105090	Egg, whole, fried, from fast food / restaurant	230		91760100	Toffee, chocolate covered	4
31106000	Egg, whole, baked, NS as to fat added in cooking	234		91760500	Truffles	8
31106010	Egg, whole, baked, fat not added in cooking	256		91770030	Dietetic or low calorie candy, chocolate covered	4
31106020	Egg, whole, baked, fat added in cooking	230		92101820	Coffee, macchiato, sweetened	16

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
31107000	Egg, whole, pickled	230		92101850	Coffee, cafe con leche	24
31108010	Egg, white only, raw	230		92101851	Coffee, cafe con leche, decaffeinated	24
31110010	Egg, yolk only, raw	230		92101900	Coffee, Latte	40
31111000	Egg, yolk only, cooked, NS as to fat added in cooking	228		92101901	Coffee, Latte, nonfat	40
31111010	Egg, yolk only, cooked, fat not added in cooking	244		92101903	Coffee, Latte, with non-dairy milk	36
31111020	Egg, yolk only, cooked, fat added in cooking	228		92101904	Coffee, Latte, flavored	40
31203000	Quail egg, canned	228		92101905	Coffee, Latte, nonfat, flavored	40
32101500	Egg, Benedict	68		92101910	Coffee, Latte, decaffeinated	40
32101530	Egg curry	12		92101911	Coffee, Latte, decaffeinated, nonfat	40
32102000	Egg, deviled	212		92101917	Coffee, Latte, decaffeinated, flavored	40
32103000	Egg salad, made with mayonnaise	230		92101918	Coffee, Latte, decaffeinated, nonfat, flavored	40
32103015	Egg salad, made with light mayonnaise	230		92101920	Frozen coffee drink	32
32103020	Egg salad, made with mayonnaise-type salad dressing	230		92101921	Frozen coffee drink, nonfat	20
32103025	Egg salad, made with light mayonnaise-type salad dressing	230		92101923	Frozen coffee drink, with non-dairy milk	20
32103035	Egg salad, made with light creamy dressing	68		92101925	Frozen coffee drink, with whipped cream	32
32103050	Egg Salad, made with any type of fat free dressing	230		92101926	Frozen coffee drink, nonfat, with whipped cream	24
32105180	Huevos rancheros	99		92101931	Frozen coffee drink, decaffeinated, nonfat	24

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
32105190	Egg casserole with bread, cheese, milk and meat	56		92101935	Frozen coffee drink, decaffeinated, with whipped cream	24
32105200	Egg foo yung (young), NFS	117		92101936	Frozen coffee drink, decaffeinated, nonfat, with whipped cream	24
32105210	Chicken egg foo yung (young)	100		92101950	Coffee, Cafe Mocha	36
32105220	Pork egg foo yung (young)	100		92101955	Coffee, Cafe Mocha, nonfat	36
32105230	Shrimp egg foo yung (young)	113		92101960	Coffee, Cafe Mocha, with non-dairy milk	32
32105310	Ripe plantain omelet, Puerto Rican style (Tortilla de amarillo)	36		92101965	Coffee, Cafe Mocha, decaffeinated	36
32105330	Scrambled eggs with jerked beef, Puerto Rican style (Revoltillo de tasajo)	127		92101970	Coffee, Cafe Mocha, decaffeinated, nonfat	36
32110150	Shrimp-egg patty (Torta de Cameron seco)	200		92101975	Coffee, Cafe Mocha, decaffeinated, with non-dairy milk	32
32130000	Egg omelet or scrambled egg, made with margarine	187		92102000	Frozen mocha coffee drink	20
32130010	Egg omelet or scrambled egg, made with oil	187		92102010	Frozen mocha coffee drink, nonfat	20
32130020	Egg omelet or scrambled egg, made with butter	187		92102030	Frozen mocha coffee drink, with whipped cream	24
32130040	Egg omelet or scrambled egg, made with animal fat or meat drippings	187		92102090	Frozen mocha coffee drink, decaffeinated, with whipped cream	24
32130060	Egg omelet or scrambled egg, made with cooking spray	187		92102450	Iced Coffee, pre-lightened and pre-sweetened	4
32130070	Egg omelet or scrambled egg, made without fat	187		92102500	Coffee, Iced Latte	24

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
32130080	Egg omelet or scrambled egg, from fast food / restaurant	187		92102501	Coffee, Iced Latte, nonfat	24
32130100	Egg omelet or scrambled egg, with cheese, made with margarine	187		92102503	Coffee, Iced Latte, flavored	24
32130110	Egg omelet or scrambled egg, with cheese, made with oil	187		92102600	Coffee, Iced Cafe Mocha	24
32130120	Egg omelet or scrambled egg, with cheese, made with butter	187		92161000	Coffee, Cappuccino	28
32130140	Egg omelet or scrambled egg, with cheese, made with animal fat or meat drippings	187		92161001	Coffee, Cappuccino, nonfat	24
32130160	Egg omelet or scrambled egg, with cheese, made with cooking spray	187		92161002	Coffee, Cappuccino, with non-dairy milk	20
32130170	Egg omelet or scrambled egg, with cheese, made without fat	187		92161005	Cappuccino, sweetened	28
32130200	Egg omelet or scrambled egg, with meat, made with margarine	187		92162000	Coffee, Cappuccino, decaffeinated	28
32130210	Egg omelet or scrambled egg, with meat, made with oil	187		92162001	Coffee, Cappuccino, decaffeinated, nonfat	24
32130220	Egg omelet or scrambled egg, with meat, made with butter	187		92162005	Cappuccino, decaffeinated, sweetened	28
32130240	Egg omelet or scrambled egg, with meat, made with animal fat or meat drippings	187		92171010	Coffee, bottled/canned, light	16

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
32130260	Egg omelet or scrambled egg, with meat, made with cooking spray	187		92205000	Rice beverage	92
32130270	Egg omelet or scrambled egg, with meat, made without fat	187		92306800	Tea, hot, chai, with milk	24
32130300	Egg omelet or scrambled egg, with cheese and meat, made with margarine	187		92432000	Fruit juice drink, citrus, carbonated	46
32130310	Egg omelet or scrambled egg, with cheese and meat, made with oil	187		92433000	Fruit juice drink, noncitrus, carbonated	46
32130320	Egg omelet or scrambled egg, with cheese and meat, made with butter	187		92510610	Fruit juice drink	46
32130360	Egg omelet or scrambled egg, with cheese and meat, made with cooking spray	187		92510650	Tamarind drink (Refresco de tamarindo)	46
32130370	Egg omelet or scrambled egg, with cheese and meat, made without fat	187		92510720	Fruit punch, made with fruit juice and soda	46
32130400	Egg omelet or scrambled egg, with tomatoes, fat added in cooking	187		92510730	Fruit punch, made with soda, fruit juice, and sherbet or ice cream	46
32130410	Egg omelet or scrambled egg, with tomatoes, fat not added in cooking	187		92510955	Lemonade, fruit juice drink	46
32130420	Egg omelet or scrambled egg, with tomatoes, NS as to fat added in cooking	187		92510960	Lemonade, fruit flavored drink	46
32130430	Egg omelet or scrambled egg, with	187		92511010	Fruit flavored drink (formerly lemonade)	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	dark-green vegetables, fat added in cooking					
32130440	Egg omelet or scrambled egg, with dark-green vegetables, fat not added in cooking	68		92511015	Fruit flavored drink	46
32130450	Egg omelet or scrambled egg, with dark-green vegetables, NS as to fat added in cooking	187		92511250	Fruit juice beverage, 40-50% juice, citrus	46
32130460	Egg omelet or scrambled egg, with tomatoes and dark-green vegetables, fat added in cooking	187		92512090	Pina Colada, nonalcoholic	46
32130480	Egg omelet or scrambled egg, with tomatoes and dark-green vegetables, NS as to fat added in cooking	187		92512110	Margarita mix, nonalcoholic	46
32130490	Egg omelet or scrambled egg, with vegetables other than dark green and/or tomatoes, fat added in cooking	187		92513000	Fruit flavored smoothie drink, frozen (no dairy)	46
32130500	Egg omelet or scrambled egg, with vegetables other than dark green and/or tomatoes, fat not added in cooking	187		92530410	Fruit flavored drink, with high vitamin C	46
32130510	Egg omelet or scrambled egg, with vegetables other than dark green and/or tomatoes, NS	187		92530510	Cranberry juice drink, with high vitamin C	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	as to fat added in cooking					
32130600	Egg omelet or scrambled egg, with cheese and tomatoes, fat added in cooking	187		92530610	Fruit juice drink, with high vitamin C	46
32130610	Egg omelet or scrambled egg, with cheese and tomatoes, fat not added in cooking	187		92530950	Vegetable and fruit juice drink, with high vitamin C	46
32130620	Egg omelet or scrambled egg, with cheese and tomatoes, NS as to fat added in cooking	187		92531030	Sunny D	46
32130630	Egg omelet or scrambled egg, with cheese and dark-green vegetables, fat added in cooking	187		92541010	Fruit flavored drink, powdered, reconstituted	46
32130640	Egg omelet or scrambled egg, with cheese and dark-green vegetables, fat not added in cooking	187		92542000	Fruit flavored drink, with high vitamin C, powdered, reconstituted	46
32130650	Egg omelet or scrambled egg, with cheese and dark-green vegetables, NS as to fat added in cooking	187		92550030	Fruit juice drink, with high vitamin C, light	46
32130660	Egg omelet or scrambled egg, with cheese, tomatoes, and dark-green vegetables, fat added in cooking	187		92550035	Fruit juice drink, light	46
32130680	Egg omelet or scrambled egg, with cheese, tomatoes, and dark-green	56		92550040	Fruit juice drink, diet	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	vegetables, NS as to fat added in cooking					
32130690	Egg omelet or scrambled egg, with cheese and vegetables other than dark green and/or tomatoes, fat added in cooking	187		92550110	Cranberry juice drink, with high vitamin C, light	46
32130700	Egg omelet or scrambled egg, with cheese and vegetables other than dark green and/or tomatoes, fat not added in cooking	187		92550200	Grape juice drink, light	46
32130710	Egg omelet or scrambled egg, with cheese and vegetables other than dark green and/or tomatoes, NS as to fat added in cooking	187		92550350	Orange juice beverage, 40-50% juice, light	46
32130800	Egg omelet or scrambled egg, with meat and tomatoes, fat added in cooking	187		92550360	Apple juice beverage, 40-50% juice, light	46
32130810	Egg omelet or scrambled egg, with meat and tomatoes, fat not added in cooking	56		92550370	Lemonade, fruit juice drink, light	46
32130820	Egg omelet or scrambled egg, with meat and tomatoes, NS as to fat added in cooking	187		92550400	Vegetable and fruit juice drink, with high vitamin C, diet	46
32130830	Egg omelet or scrambled egg, with meat and dark-	187		92550405	Vegetable and fruit juice drink, with high vitamin C, light	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	green vegetables, fat added in cooking					
32130840	Egg omelet or scrambled egg, with meat and dark-green vegetables, fat not added in cooking	187		92550610	Fruit flavored drink, with high vitamin C, diet	46
32130890	Egg omelet or scrambled egg, with meat and vegetables other than dark-green and/or tomatoes, fat added in cooking	187		92550620	Fruit flavored drink, diet	46
32130900	Egg omelet or scrambled egg, with meat and vegetables other than dark-green and/or tomatoes, fat not added in cooking	187		92552000	Fruit flavored drink, with high vitamin C, powdered, reconstituted, diet	46
32130910	Egg omelet or scrambled egg, with meat and vegetables other than dark-green and/or tomatoes, NS as to fat added in cooking	187		92552010	Fruit flavored drink, powdered, reconstituted, diet	46
32131000	Egg omelet or scrambled egg, with cheese, meat, and tomatoes, fat added in cooking	187		92552020	Sunny D, reduced sugar	46
32131010	Egg omelet or scrambled egg, with cheese, meat, and tomatoes, fat not added in cooking	187		92552030	Capri Sun, fruit juice drink	46
32131020	Egg omelet or scrambled egg, with cheese, meat, and	187		92582110	Sunny D, added calcium	46

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	tomatoes, NS as to fat added in cooking					
32131030	Egg omelet or scrambled egg, with cheese, meat, and dark-green vegetables, fat added in cooking	187		92610030	Horchata beverage, made with milk	8
32131040	Egg omelet or scrambled egg, with cheese, meat, and dark-green vegetables, fat not added in cooking	68		92611010	Refresco de avena (oatmeal beverage with water)	84
32131050	Egg omelet or scrambled egg, with cheese, meat, and dark-green vegetables, NS as to fat added in cooking	187		92611100	Atole de avena (oatmeal beverage with milk)	84
32131060	Egg omelet or scrambled egg, with cheese, meat, tomatoes, and dark-green vegetables, fat added in cooking	187		92611510	Horchata beverage, made with rice	84
32131080	Egg omelet or scrambled egg, with cheese, meat, tomatoes, and dark-green vegetables, NS as to fat added in cooking	187		92611600	Horchata beverage, NFS	84
32131090	Egg omelet or scrambled egg, with cheese, meat, and vegetables other than dark-green and/or tomatoes, fat added in cooking	187		92612010	Sugar cane beverage	84
32131100	Egg omelet or scrambled egg, with cheese, meat, and	187		92613010	Atole (corn meal beverage)	84

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	vegetables other than dark-green and/or tomatoes, fat not added in cooking					
32131110	Egg omelet or scrambled egg, with cheese, meat, and vegetables other than dark-green and/or tomatoes, NS as to fat added in cooking	187		92613510	Atole de chocolate / Champurrado (cornmeal beverage with chocolate and milk)	84
32131200	Egg omelet or scrambled egg, with potatoes and/or onions, fat added in cooking	187		92801000	Wine, nonalcoholic	46
32131210	Egg omelet or scrambled egg, with potatoes and/or onions, fat not added in cooking	187		92803000	Nonalcoholic malt beverage	46
32131220	Egg omelet or scrambled egg, with potatoes and/or onions, NS as to fat added in cooking	187		92804000	Shirley Temple	46
32201000	Fried egg sandwich	117		93301115	Mimosa	8
32202000	Egg, cheese, ham, and bacon on bun	36		93301132	Orange Blossom	12
32202010	Egg, cheese, and ham on English muffin	118		93301140	Screwdriver	12
32202020	Egg, cheese, and ham on biscuit	24		93301220	Coquito, Puerto Rican (coconut, rum)	24
32202025	Egg, cheese and ham on bagel	88		93301320	Tequila Sunrise	8
32202030	Egg, cheese, and sausage on English muffin	47		93301400	Irish Coffee	4
32202035	Egg, extra cheese (2 slices), and extra	72		95101000	Boost, nutritional drink, ready-to-drink	229

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	sausage (2 patties) on bun					
32202040	Egg, cheese, and beef on English Muffin	118		95101010	Boost Plus, nutritional drink, ready-to-drink	229
32202045	Egg, cheese, and steak on bagel	118		95102000	Carnation Instant Breakfast, nutritional drink, regular, ready-to-drink	229
32202050	Egg, cheese, and sausage on biscuit	51		95103000	Ensure, nutritional shake, ready-to-drink	229
32202055	Egg, cheese, and sausage griddle cake sandwich	50		95103010	Ensure Plus, nutritional shake, ready-to-drink	229
32202060	Egg and sausage on biscuit	94		95104000	Glucerna, nutritional shake, ready-to-drink	229
32202070	Egg, cheese, and bacon on biscuit	48		95105000	Kellogg's Special K Protein Shake	229
32202075	Egg, cheese, and bacon griddle cake sandwich	87		95106000	Muscle Milk, ready-to-drink	229
32202080	Egg, cheese, and bacon on English muffin	87		95106010	Muscle Milk, light, ready-to-drink	229
32202085	Egg, cheese and bacon on bagel	68		95110000	Slim Fast Shake, meal replacement, regular, ready-to-drink	229
32202090	Egg and bacon on biscuit	130		95110010	Slim Fast Shake, meal replacement, sugar free, ready-to-drink	229
32202110	Egg and ham on biscuit	102		95110020	Slim Fast Shake, meal replacement, high protein, ready-to-drink	229
32202120	Egg, cheese and sausage on bagel	48		95120000	Nutritional drink or meal replacement, ready-to-drink, NFS	229
32202130	Egg and steak on biscuit	130		95120010	Nutritional drink or meal replacement, high protein, ready-to-drink, NFS	229
32202200	Egg and cheese on biscuit	72		95120020	Nutritional drink or meal replacement, high protein, light, ready-to-drink, NFS	229
32300100	Egg drop soup	45		95120050	Nutritional drink or meal replacement, liquid, soy-based	229

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32400060	Egg white omelet, scrambled, or fried, made with margarine	180		95201000	Carnation Instant Breakfast, nutritional drink mix, regular, powder	1834
32400065	Egg white omelet, scrambled, or fried, made with oil	180		95201010	Carnation Instant Breakfast, nutritional drink mix, sugar free, powder	1834
32400070	Egg white omelet, scrambled, or fried, made with butter	180		95201500	Herbalife, nutritional shake mix, high protein, powder	1834
32400075	Egg white omelet, scrambled, or fried, made with cooking spray	180		95201600	Isopure protein powder	1834
32400080	Egg white omelet, scrambled, or fried, made without fat	180		95202000	Muscle Milk, regular, powder	1834
32400100	Egg white, omelet, scrambled, or fried, with cheese, fat added in cooking	4		95202010	Muscle Milk, light, powder	1834
32400110	Egg white, omelet, scrambled, or fried, with cheese, fat not added in cooking	180		95210000	Slim Fast Shake Mix, powder	1834
32400120	Egg white, omelet, scrambled, or fried, with cheese, NS as to fat added in cooking	180		95210020	Slim Fast Shake Mix, high protein, powder	1834
32400200	Egg white, omelet, scrambled, or fried, with meat, fat added in cooking	180		95220000	Nutritional drink mix or meal replacement, powder, NFS	1834
32400220	Egg white, omelet, scrambled, or fried, with meat, NS as to fat added in cooking	16		95220010	Nutritional drink mix or meal replacement, high protein, powder, NFS	1834
32400300	Egg white, omelet, scrambled, or fried, with vegetables, fat added in cooking	180		95230000	Protein powder, whey based, NFS	1834
32400310	Egg white, omelet, scrambled, or fried,	180		95230010	Protein powder, soy based, NFS	1834

NHANES Food code	Food code Description	Vit D level (IU/100 grams)		NHANES Food Code	Food Code Description	Vit D level (IU/100 grams)
	with vegetables, fat not added in cooking					
32400320	Egg white, omelet, scrambled, or fried, with vegetables, NS as to fat added in cooking	180		95230020	Protein powder, light, NFS	1834
32400410	Egg white, omelet, scrambled, or fried, with cheese and meat, fat not added in cooking	16		95230030	Protein powder, NFS	1834
32400420	Egg white, omelet, scrambled, or fried, with cheese and meat, NS as to fat added in cooking	180		95342000	MonaVie acai blend beverage	46